MILK

A SILENT KILLER

DR. N. K. SHARMA

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Milk: A Silent Killer

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Foreword

Could Cow's Milk Be the Next Time Bomb?

Milk industry, the White Revolution, as it is called in India, is one of the health hazards which has not been well understood both by the medical fraternity and the common man on the street. We humans do not have any enzyme to digest milk from a foreign source after we wean away from our mother's milk! In nature no animal drinks the milk of another species except the domesticated cat and dog. We make them drink cow's milk. The latter have a stunted lifespan compared to their cousins in the wild. In this whole saga, goat's milk is supposed to be the least harmful (antigenic). Since we do not have the capacity to digest milk, the milk that we drink gets broken in the stomach acid into whey and casein. The latter is a highly antigenic substance.

Denatured milk protein in curds and buttermilk is much safer as they have not been found to be antigenic. The best part of milk, of course, is ghee, which even Ayurveda praises as a good food.

Many studies in the past have given conflicting evidence in this arena but a large multi-centric study published in the prestigious *New England Journal of Medicine* in 2010, puts all those doubts to rest. The antibodies produced in the human system against the foreign cow's milk proteins are similar to the antibodies against the pancreatic beta cells that produce human insulin. It is like a boyfriend taking the twin sister of his fiancee as his own; the cow's milk antibodies, recognise the beta cells in the human pancreatic beta cells, as the twin of Casein and attack and destroy the pancreatic beta cells that normally produce insulin. The study did show that Type I diabetes is significantly more common in infants fed with cow's milk in place of mother's milk.

One more worrying feature is that an infant does not develop its gut immunity very early in life and so allows greater absorption of cow protein into its system compared to an adult with good gut immune system. More dangerous than the risk of developing diabetes, is the risk of carcinogens in the present-day milk derived from so many sources. In addition, the feeds given to the cows these days contain a genetically engineered bovine growth hormone which is carcinogenic to human beings. At least in the case of breast cancers, this link has been established reasonably well.

Some other natural pollutants including dioxin have been found in small quantities in this kind of pooled milk supplies. The danger is in India forgetting her hoary past, a time when the local cow's milk was indeed reasonably health-giving. Now studies have shown that Indian cows and many other breeds in some other warm parts of the globe have minimal antigenicity against human cells. Casein derived from milk after it is split in the stomach is of two types, A and B. Type A comes from cows of Northern European origin which are highly antigenic; Type B cows are from India and have less of them. One of the reasons for them to have less antigenicity, could be from the ample Vitamin D that they absorb from the sun shining upon their backs all day. That is how our village cows used to roam in the sun all day to come home in the evening!

Milk antibodies pose yet another danger. Combined with any viral diseases, these antibodies could become powerful carcinogenic mutants. Could this be another link between the success of the White Revolution and the cancer epidemic, as is made out these days? Again, good for business as cancer treatment in modern medicine is a trillion-dollar industry. However, from the point of view of the hapless patient, this is only a boondoggle.

While there has been a clamour to bestow the Bharat Ratna on the architect of the White Revolution, poor people who drink that milk must be paying for their sins with their health and life.

Philosophically, too, there can be no justification to the widespread consumption of milk. We are stealing the calf's rightful share of its mother's milk which is cruel indeed. Look at the difference between the calf and our child. The former jumps out and walks as soon as it is born, while ours takes years. If we give that strong cow's milk which is so active to our newborn baby, Nature will never forgive us. I have been an advocate of human milk bank which is not difficult if we really are serious about it. Many mothers have excess milk. I hear, lately, a faint clamour for that in the West also. When it comes from the West it will be accepted as 'scientific' truth by us in India.

Let us not forget the harm we brought on ourselves by making the cow a non-vegetarian by feeding it with animal and bird giblets which resulted in a new disease – mad cow disease. The organism responsible is just a speck of protein with neither DNA nor RNA. See how clever nature is? Prion, the agent for mad cow disease, did damage the human brain. Let us think of learning from nature and history to give a safe future for our children and their children. If we only think of money and good business, our future generations will be left to eat that money only. Probably that will be the time when mankind realises the folly of abusing nature. God save mankind from its present senseless greed for power and money.

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Preface

I have known Dr N.K. Sharma and his wife Savita for over two decades and he has been a pillar of support in my own journey to develop clarity and move from an illness consciousness to a wellness consciousness. I admire his conviction and strength to not only title his book, *Milk, A Silent Killer* in a culture where we worship milk, but also his sense of humour.

Nature! What is our understanding?

Nature is our home. Our base. Our origin is from Nature. We have shaped a culture. That culture today has helped to build institutions. We have also established lots of rules, regulations, dos and don'ts of all kinds. We need to understand this has taken us away from Nature and the nurturing that Nature has offered. For centuries nature has played the biggest role in our lives without rules and regulations. There was a rhythm which exists even today.

Life is a journey of relationships. Food is our most important connection with nature. It is genetically patterned, species specific and designed to give us optimal health and wellness.

This book brings out extremely clearly all facts which can satisfy the temperament of all. This book is based on the acceptable, workable and likeable philosophy that is reverence for life. It is a path for passionately developing compassion, love, kindness, comfort – all that we desire in our lives and others'. Based on this philosophy we can develop the principle of live and let live. Then actions are easy. The first step to take not only for health but also to live life fully to its highest potential is to give up animal milk.

This book is based on clarity of thought acquired by the author through experience, with care in the heart, and therefore certainty in action.

Doodh. Doodh. Doodh. Milk. Pure white milk. Milk for health, Milk for strength. Milk for goodness. Milk for tradition. Milk for calcium, they say.

FACT: Milk is far from being a 'Perfect Food', instead milk lacks essential nutrients. Milk is difficult to digest.

This book argues that there is no reason to drink milk or consume milk products. Not for health anyway.

Our health and that of the planet is increasingly subjected to known and unknown poisons. In choosing to experience for yourself a non-dairy-way-of-life, you will personally be contributing to your own health – and that of the earth. Do it, and feel the difference.

I come from a culture where milk and curds are the ultimate solution for everything – from stomach cramps to child bearing! It was by giving up milk – or rather just not buying it anymore, that I paved the way for less sneezes, colds and breakfast tantrums. Milk can be easily given up – and better health is definitely the result.

The book covers the A-Z of education: be it philosophy, ecology, science, logic, ethics, empowerment, health and nutrition. Let us re-educate ourselves through this book and share the information with all, especially those of us who are in a position to shape not only health but also policies on health and nutrition.

Every page in this book is information born out of Nature's wisdom, because Dr Sharma chose Nature to guide him. The book validates the fact that humans can master nature not by force but by understanding her power through one's experience.

This book is a blessing for all of us. Thank you, Dr N.K. Sharma. Thank you, Life Positive Publications for publishing it.

Vijaya Venkat,
Founder,
Health Awareness Centre, Mumbai

Introduction

The first edition of this book was published in the year 1987. In the 25 years since its publication, it gives me immense pleasure and satisfaction to see that the truths revealed in these pages are now common currency.

To shatter age-old traditions and food habits is not an easy job. I feel happy and proud to state that in a country like ours, where the significance of the Cow is supreme (to the point of being a religious icon), I have been successful in shattering the myth that milk is good for human health. I shall continue to propagate this message to save humanity from the adverse effects of milk consumption.

The dark side of milk consumption remains unknown to the general public, despite the availability of research data by many medical scientists the world over. My attempt through this book is to place these facts before you and safeguard you from premature death or needless suffering.

It took me nearly 10 years of strenuous research and investigation involving thousands of cases in my practice to arrive at the conclusion that milk is hazardous to our health. The weight of tradition does not transform error into truth. The acknowledged superstitions of today were the science of yester-years; and much of today's science will be found to be superstitious folly in the years to come.

Unfortunately, the science of nutrition and healing is the most misunderstood subject on this planet. There are various thoughts and schools of healing and nutrition claiming their superiority, all of which leads to confusion among the public.

While we remain unsure on what constitutes right nutrition, no other living creature is confused about his right food. The result? Wild creatures are almost free from diseases and degeneration, whereas human beings are terribly diseased and degenerate. Remember, disease is man's choice, not Nature's. Nature's choice is health and perfection only.

Don't drink milk because our sages and saints favour it. Seek your own truth by using your own brains, common sense and research. Respect them, heed them, but allow them to guide you from behind rather than lead you from the front.

Twenty five years ago, I had declared that within a few years, milk would be recognised as a harmful product for human consumption by the medical fraternity. Today, all over the world, including India, doctors and layman alike have started realising the ill-effects of milk consumption. But the majority of doctors still don't want to open their eyes to the new revolution and remain enslaved to age- old beliefs and practices by advising their patients to consume milk on a regular basis to ward off calcium deficiency. This despite the scientifically proven fact that the low content of magnesium in milk does not allow calcium to be absorbed in the blood. On the contrary, it gets deposited in the body thereby causing several problems which manifest in the fullness of time.

Is it that God's bounty does not have enough nutrition to provide to mankind that we have to look for nutrition from animal sources? Fruits and nuts, essentially non-toxic products, have everything that can sustain and maintain the human body, bestowing health and longevity to mankind. Instead of growing and promoting healthy food, we are focussing on and advertising toxic, damaging, degenerating and nutritionally depleted forms of food like meat, milk, refined products, oils, tea, coffee, alcohol, artificially and unnaturally produced tonics, powders and capsules, and canned food. All this, just to help businessmen yield profits out of the flourishing food industry. Promoting fruits and nuts does not swell up bank balances to the same extent. Now it's up to you to decide whether you want to put your health in the hands of those who wish to exploit your health for the sake of their profits, or to take charge of everything that affects you and your family's health.

On the one hand, we ourselves create factors which damage the human body and affect all civilization, and on the other hand, we spend millions of dollars on research and hospitals to improve the condition that we have created. Instead of solving the root cause, we are simply treating the symptoms. This will continue until you pledge to take matters into your own hands and stop falling prey to the tactics of the government and the businessman. People have to get enlightened and prevent themselves from such damage.

There is a definite and sure road to health and regeneration provided we return to basics and go back to natural, uncooked, unprocessed food, packed and designed for human consumption, by God Himself. As Lord Krishna pointed out in the Bhagavad Gita, whenever negative forces reach their peak, positive forces rise automatically to balance and fight them. This book is my small contribution towards creating a disease-free and healthy civilization.

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Part I

Health Hazards of Milk

1

Health Hazards of Milk

I love milk

I love milk and milk products. If somebody can scientifically prove that it is harmless, and what its benefits are theoretically and practically, I will be most happy. My parents named me Nand Kishore after Lord Krishna, whose fondness for milk is well known. I too have drunk a lot of milk, and consumed milk products. I have suffered its hazardous consequences silently and unknowingly. I never dared to believe that milk was not nectar, but a silent killer, causing disease politely.

Over the past few decades, we have been led to believe that milk is indispensable for sound health. The propaganda about the need for milk has been so intensive that it comes as something of a shock when we hear that milk is not necessary for good health, and may even be detrimental to sound health. The high-profile advertisements promoting milk remind me of the saying that if you say something long enough, loud enough, and persistently enough, people will come to believe it, without questioning its soundness or basis. This is mostly true about milk. From the cradle to the grave, we are told to drink milk for good health, sound teeth, and strong bones, and we do that even though our teeth keep on decaying, bones get bruised, and we contract colds and other diseases.

Obviously, milk is not the panacea we have been led to believe it is. Before examining what many authorities have to say about the effects of milk, let us understand what milk is.

Milk is not a human food. If you consume it, be prepared for the following diseases (ailments are Nature's punishment for trespassing in her domain) – catarrh, hay fever, asthma, bronchitis, cold, running nose, weak eyesight, cataract, obesity, ear infections, headache, indigestion, allergy, dysentery, constipation, palpitation, as well as dreadful diseases such as heart diseases, angina, high blood pressure, kidney stone, arthritis, spondylitis, tumours, and cancer. Nature never intended or designed milk for human consumption. We have more than 4,300 mammals on earth. Obviously, every mammal's milk is designed and intended for the development of its young ones. Each species' milk is exclusively beneficial for that species alone.

The following is true for every mammal on earth except us. They do not consume milk of any other species. We are not talking about pets or animals in the zoo, which have been brought up by humans. Once weaned, no animal will consume milk ever again. Milk is the food designed by Nature to feed young ones of the same species. It is specially designed for the rapid growth of the infant, but human beings are mean. They continue to suck the udders of other animals for their entire life. It is the greatest folly to continue to drink milk beyond infancy. Are we actually to believe that cows can substitute for what our mothers gave us? Nowhere in Nature have we seen a dog suckled by a cat, a cow suckled by a lamb, or a goat suckled by a calf. Each group sticks closely to its own.

All mammals once weaned, go on to the foods to which they are biologically adapted. All over the world, drinking milk is not an issue. There is a simple law and plan, which human beings transgress, and consequently suffer heavily.

My own conclusion after an in-depth study reveals that milk is not for humans.

When calves are not dependent on their mothers (cows), for their further growth and calcium requirement after the weaning period, why do human beings cry for cow's milk? How are we biologically related to the cow? We have never asked these questions. We blindly follow traditions, and so-called scientists have never investigated whether these traditions make sense.

Today's scientists are slaves of commercial organisations and milk industries. If at all any independent group of scientists found milk to be hazardous, their voice, and research was suppressed. We have somehow developed an absurd notion that a baby is never to be weaned, and thus give the cow the role of our foster mother. The whole milk affair is a cold-blooded strategy to increase the profits of dairy industries, and the doctors associated with it are conveniently supporting the pseudo-assertions of business groups.

Milk is not an adult food

It is a temporary phase in the life of young animals lasting for a short time, until they cut their teeth for independent mastication, and are able to secrete digestive juices suitable to digest the food.

Milk is not a perfect food

Animal milk is never a perfect food for human infants and adults. It is not even the best milk for the lower animals. The pasteurization of milk makes it even worse. Milk has been proven to be an incomplete food even for young animals. After a few months of age, calves must be given mineral supplements in their feed, or else they are likely to die of anaemia. The rapidity with which the unhealthy condition progresses, depends upon the quantity of milk consumed, because milk is not an adequate food for supplying the needs of the blood-building organs of the body. This has been proven experimentally on rats. (We will discuss it in a later chapter).

Cows and buffaloes cannot be your feeding mothers

Hindus in India religiously call the cow 'mother.' No doubt, animal milk has saved human lives in the absence of mother's milk. However, this does not mean it is a perfect food for human consumption. Under the pressure of circumstances and in the struggle for survival, man has used many unnatural foods like meat, fish, eggs, milk, non-edible leaves, and roots. Our natural instincts never favoured such foods. We could never eat such foods raw. These were never tasty in the raw state. We modified them by cooking and adding artificial condiments, creating an artificial taste. Of course, milk tastes good in the raw as well as in the cooked or boiled form. Therefore, we continued with its adaptation. Previously, it was used for medicinal purposes, and as a substitute for mother's milk. But gradually it became a major part of man's staple diet. Can a substitute adapted in place of mother's milk, be continued as a normal staple food? If we agree that mother's milk is not an adult food, then how can its substitute be one?

Animals don't earn for human beings

It is a well known law that every living being on earth has to struggle and earn his/her own food. No species on earth earns food for others. They never go beyond the law. There is not a single species which just sits in a corner and expects other species to earn and bring food for it. It is the lazy, greedy human being who snatches the hard-earned food of animals. All animals, including cows, buffaloes, mares, camels and goats, toil to procure or produce food for themselves and their offspring. But before it reaches their offspring, man snatches away most of it from them, leaving little behind.

No honey please, fruits are enough

Honeybees work hard, drawing nectar from flowers, and prepare honey. While doing so, they toil hard to feed their new born. It was not intended for human beings – it is neither Nature's design nor its plan. I fail to understand how we can justify the burning of beehives, thereby killing innocent honeybees, and robbing them of their hard-earned food! However, man is a shrewd animal – he invents logic for supporting his misdeeds, and adopts other subtler methods to continue with his nefarious acts. Bee farming is such a method. Here the looting is done non-violently. Their honey is taken away silently without killing the bees. By doing so, do not humans cheat their soul, and at the same time deceive innocent creatures? In the past, man used animal milk in an emergency to save either his children or himself. It was never a regular practice.

The *Vedas*, clearly state, 'First let the calf drink as much as he needs, and then use whatever milk remains, if man really needs it.' But man does the opposite, first he robs as much as he can, and then leaves little for the calf, and argues that enough is left for the infant.

Nature has provided the best milk in coconut, almonds, peanuts and other nuts of high biological value, and in the form of fruits which are 100 per cent suitable for our healthy development.

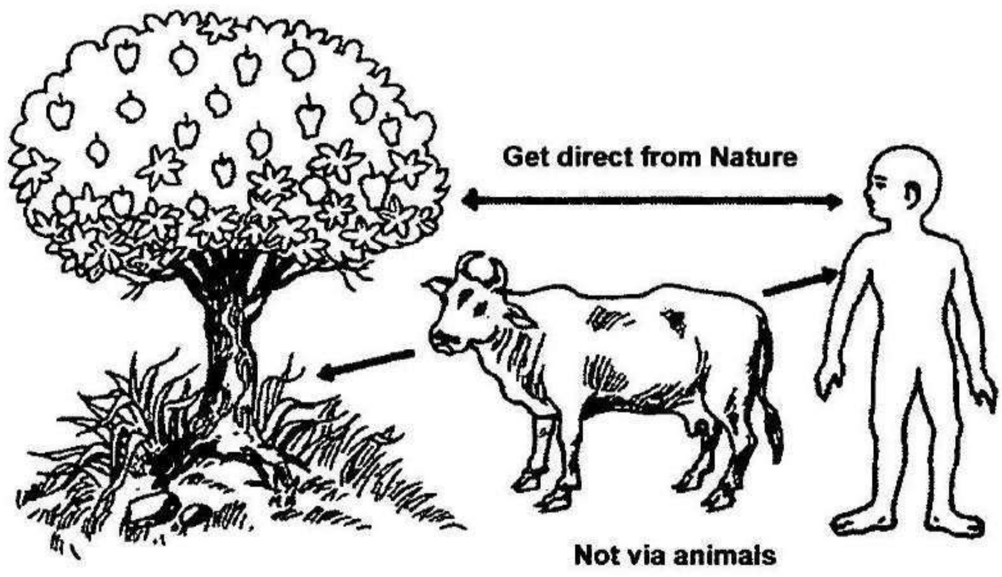
Why are our mothers dry?

Nature has provided breasts. It has provided abundant milk. No species of mammals on earth, find their breasts dried of milk. There is not a single species on earth, which gives birth, and does not have milk to feed its young ones. Animals face no milk problem. They never exchange mothers and they have no substitute mothers. As they live naturally, they follow their natural instinct. They do not deviate from their original food. They live abiding by the Nature's law.

We cannot compare human beings with other animals, because we have a highly developed brain. But certain phenomena and laws are commonly applicable to all. Under the pressures of civilization, stresses of life, denatured food, and sedentary lifestyle, today's woman is losing her milk. Though stress is a part of life for the civilized world as well as the wild, human mothers are the most unfortunate of all species on earth, because their breasts are dry. They deprive their children of their birthright – milk, warmth, and love. It is shameful, and a stigma on the pious word 'mother'. Instead of correcting their unnatural lifestyle, humans depend more and more on animal milk. If the cow and other mammals had not produced milk, the human mother would have led a natural lifestyle, to save her child and generation. All women can have plenty of milk, if they abstain from wrong, unnatural lifestyles, and follow

Why Indirect ?

Nature intends human food to come directly
from vegetation not via animals



a wholesome diet, good exercise, hard work, and healthy living. Breasts of all the child-bearing mothers are designed to produce as much milk as their children require. In Indian villages, women have such a heavy flow of milk that they can feed two or three more children. The practice is still very common in rural areas. Such a woman is called a ‘*dai*’ (one who feeds another’s child with her own milk). Human beings can exchange their milk with human beings only, and not with other lower animals – which are of a different species. Nature never intended the supreme human to look at lower animals for his food.

What relation do we have with the cow, buffalo, goat, camel, and yak? They have their own lives, their own children, and their own milk. Neither are we related to them, nor are they related to us in any manner. With what right do we interfere in their affairs? No animal is anybody’s uncle, aunt, or mother. Man, with his selfishness and cruelty, calls the cow his mother. Neither the bull is his father, nor is the hen his aunt.

No animal is ever happy to share its milk. We divert their attention towards grass (fodder). They try to resist, but our cruel hands tie their legs, and forcibly extract the milk. The calf, later on, desperately suckles the empty udders, while human infants bathe in their milk. The cruelty, being common and social, is never considered a crime.

Can you tie a woman, snatch her child away and forcibly extract her milk, and leave her crying? Never will you tolerate the cruelty, because it hurts you. Animals are speechless, and helpless. They cannot cry and curse God. They have no God. No God can help them. God is not for them. Man is superior to all other living beings. Therefore he dominates God's inferior creations. He has not only enslaved animals, but other humans as well. Man considers other species as his property with whom he can act and behave as he likes. Therefore he is ruthless in his behaviour towards others.

2

Cow's Milk vs Mother's Milk

The outstanding characteristic of mammals is that they suckle or feed their infants with their milk, until they can get their own food. As mammals are different from one another, it is not surprising that the milk they produce differs. If an elephant, a rat, a sheep, a whale, and a human, all ate similar diets, it might be reasonable to expect that the milk they produce for their infants would be similar. But of course, they don't, and their milk is correspondingly different. Over millennia each mammal has developed a milk to suit its own infants. The milk takes into account the animal's rate of growth, type of digestive tract, natural illnesses, and many other factors.

The basic similarity that runs through all types of milk, though, is that they are made up of the same groups of substances, water, proteins, fats, carbohydrates, minerals, vitamins, and anti-infective substances. The differences occur because such substances are present in different amounts, and in varying proportions. On top of it, the substances are not single entities, (apart from water) but are made up of whole families of substances, each one different from the other. For example, there are various types of proteins, some of which differ from woman to woman, let alone between woman and cow!

Whale milk has a very high fat content, which in turn gives it a very high calorific value. It is, in fact, richer than double cream. This is essential, because the infant whale has to form a layer of thick blubber very quickly, to protect itself from the cold water. The protein content of rabbit's milk is very high compared with human milk. It contains 14 per cent protein compared with the 1.2 per cent in human milk. It is necessary because the growth rate of the young rabbit is very fast. (A rabbit doubles its birth weight in six days, whereas a human baby takes about 140 days to do the same.) High milk protein levels are a must for every newborn animal that grows quickly, because protein provides the basic building blocks for the growth of body tissues. Compared with most other mammalian infants, human babies grow slowly, and hence breast milk has a correspondingly lower level of protein.

In a few instances in the recent past, there have been reports of mammals taking the infants of other species into their care, and feeding them, but it is rare and unusual. The first time one group of mammals used another's milk to a large extent, was when humans started giving their babies cow's milk. In the old days if a mother was unable to feed her baby, another woman had to take over if the baby was to have a good chance of surviving. Even today, in some countries, a baby will die if the mother doesn't feed it herself.

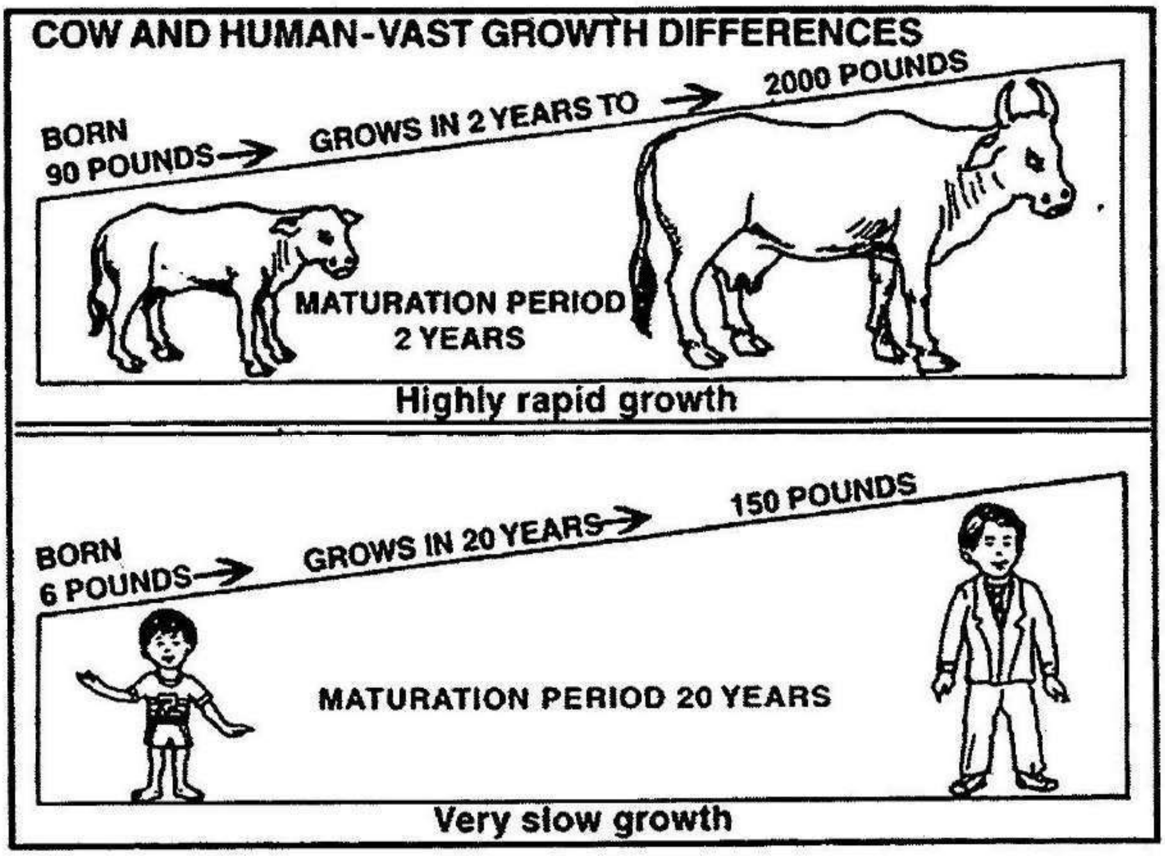
Why did we choose cow's milk as the substitute for breast milk? It is a point to ponder upon, because cow's milk is by no means the nearest in composition to human milk – donkey's milk is much closer! People in other countries have used the milk from goats, donkeys, buffaloes, sheep, llamas, reindeers, mares, and camels, for their babies over the years, but the great move towards artificial feeding came from those who reared herds of cows for meat and dairy produce. So it seemed convenient and economically sensible to use cow's milk. Cows are also docile, easily herded animals, producing large volumes of milk from a given volume of grass. Their four teats make milking easy, and hence it is obvious why we tended to use cows as a source of milk.

Shameful comparisons

What happens when human beings drink other animals' milk, subjected to various processes, which alter its natural state? Fresh raw milk of any animal may have a number of nourishing qualities and nutrients. But it has a different chemical composition in comparison to mother's milk. Also, it lacks the human food energy. When the milk is pasteurized and homogenized, with synthetic vitamins added to it, it becomes a totally different substance, compared to the one that goes directly from the mother's nipple to her child's mouth (without even coming in contact with air). As such, it must also have a totally different effect. It is a matter of shame that I am forced to compare cow's milk with mother's milk. When our instinct, our wisdom, and our soul, clearly accept the fact that mother's milk is superior, it seems as if I am proving the importance of pure air for human life, against polluted air. Whereas we know that pure air or mother's milk has no substitute at all.

Comparing the nutritional composition of cow's milk and mother's milk, cow's milk has three times more proteins, and almost four times more calcium. The different structure and growth rate of calves and human babies account for varying proportions of the ingredients. Cow's milk is designed to help create a huge or big-boned animal with four stomachs rather quickly. There is no way human beings meet the criteria. It is designed to feed an infant calf weighing 90 pounds at the time of birth, and 2000 pounds at two years. In contrast, human infants weigh six to eight pounds only at the time of birth, and attain a weight of only 100 to 200 pounds in 18 years.

So vast is the difference. The cow's milk consumed by human beings contains fast growing steroids and hormones. Where do the hormones go? Will the excessive hormones have any effect on human growth and glands? Yes, they will greatly imbalance the glands and body functions, and thereby the growth too. Milk products are designed to make a big cow. Human beings will also grow like cows and buffalos, if you feed a human child, whose cells must develop into a man or woman, with the food intended for calves.


COW AND HUMAN-VAST GROWTH DIFFERENCES
BORN
90 POUNDS
GROWS IN 2 YEARS TO
2000 POUNDS
MATURATION PERIOD
2 YEARS
Highly rapid growth
BORN
6 POUNDS
GROWS IN 20 YEARS
150 POUNDS
MATURATION PERIOD 20 YEARS
Very slow growth

With it, you cannot expect or hope to achieve normal human development.

Protein differences

One of the obvious differences between cow's milk and mother's milk is that cow's milk is coarser, which is natural since a calf is a much coarser creature than a human baby. When cow's milk is examined with a microscope, the molecules of protein show up as hazy spots of light, while they are not distinguishable in mother's milk. There is also a difference in how they react to the digestive process. A child fed on cow's milk, forms cheese clumps in the stomach, and when the child vomits, he oozes out cheese. On the other hand, a child fed on mother's milk vomits only fine flakes.

About 1.2 per cent of mother's milk is protein. The protein is made up of curd (casien) and whey (lactalbumin and lactoglobulin). Cow's milk has 3.3 per cent protein (a calf doubles its birth weight in 50 days) and the extra is composed of six times as much casein as there is in mother's milk.

When milk enters a baby's stomach, it turns into curds and whey. Curds are made of casein, so the curd of cow's milk is much heavier than that of breast milk. It is so tough and heavy that many babies get indigestion if they are fed with undiluted cow's milk.

This is the main reason behind the dilution of cow's milk with water. Adding water dilutes the tough, indigestible casein. Boiling, homogenization and the addition of various chemicals have also been used to alter the casein, so as to make it less tough and increase its digestibility. Breast milk protein forms finely separated curds in the stomach, which then passes through quickly and easily into the small intestine, where they are easily broken down. It means that the stomach of a breast-fed baby empties more quickly, than that of a bottle-fed baby and that is why it gets hungry more quickly, and needs frequent feedings. Cow's milk curds stay in the stomach for about four hours. So four-hourly feeding for a bottle-fed baby is reasonable, but a breast-fed baby will need feeding more often.

A baby only uses about half the protein available in cow's milk, while a breast-fed baby uses all the protein with virtually no wastage. The protein a bottle-fed baby doesn't use is partly passed out in the stools (which makes a bottle-fed baby's stools thicker than a breast-fed baby's) and partly broken down, before being excreted by the kidneys in the urine. Because there is so little wastage from breast milk, a baby has to drink less of it. It is why breast-fed babies normally drink a much smaller volume than bottle-fed ones do. Test weighing a breast-fed baby can easily be misleading, if it is forgotten that the amount a breast-fed baby drinks is much less than the amount drunk by a bottle-fed one. If you gauge the amount your breast-fed baby has taken by test weighing, you will almost certainly end up worrying unnecessarily.

Importance of colostrum

The lactoglobulin fraction of milk protein contains highly specialised proteins – the immunoglobulins (IgA, IgD, IgE, IgG and IgM). These carry the antibodies against disease, and recent research into the substances has revolutionised our thinking related to breast milk.

For years, it was believed that a baby obtained antibodies from its mother only before birth through the placenta and that none were given via breast milk. That it was not the only method of antibody transfer in other mammals had been known for a long time. We now know that babies continue to receive the essential antibodies from their mothers' milk—assuming of course that they are breast fed! Colostrum, a special sort of milk produced in the first few days after birth, contains large amounts of lactoglobulin, so we can now say with certainty that colostrum is vitally important for the future health of a baby. Mature breast milk, too, contains antibodies but comparatively in smaller amounts than that in colostrum.

Immunity gap

The antibodies passed on through breast milk, are similar to those the mother has in her blood. Through them, the baby is protected against bacterial and viral infections, from which the mother has suffered or has been immunised against. They can act locally in the baby's gut, and can also be absorbed into his bloodstream through the gut lining. Among the illnesses that a baby can be protected from in such a way are tetanus, whooping cough, pneumonia, diphtheria, E.coli infections, gastroenteritis, typhoid, dysentery, flu, and various other viral illnesses including polio. Quite a list! Later on, the baby's body can manufacture its own antibodies, in response to infection or immunisation, but during the first few months it cannot, and so the gradually increasing antibody formation by the baby has been called the 'immunity gap,' and it is a gap that can only be filled by breast milk.

Immunoglobulin A (IgA) in the mother's colostrum and milk, coats the lining of the baby's gut in the first few days after birth, and prevents many infective organisms and other large protein molecules, from entering the baby's bloodstream. When the baby begins to make its own IgA, the mother's becomes unnecessary, but in the meantime the IgA coating prevents the development not only of some generalised infections, but also of allergy to various foodstuffs.

Useless antibodies

Cow's milk also contains antibodies, but they are antibodies against cow's diseases, and hence useless in case of humans. In any case lactoglobulin (together with lactoferrin, another anti-infective agent), is altered to such an extent by the heating involved in the treatment of fresh cow's milk that it loses its antibody activity. So few cow's milk preparations available to human babies would contain active antibodies even if they were of any use! The ultimate irony is that calves reared on heat-treated milk, or on dried milk powders, get more enteritis than those drinking fresh untreated milk. The enteritis is effectively treated by giving them fresh cow's milk. The reason why even calves fare badly on treated cow's milk is that the treatment destroys milk's antibodies.

An interesting parallel was seen in a nursery in Belgrade, where an epidemic of E. coli gastroenteritis could not be stopped, even when the babies were all fed with donated breast milk (boiled before use). Until breast milk was given fresh from the donors, with no boiling, the epidemic did not come under control.

In milk, besides protein, there are free amino acids and their proportions differ in human and cow's milk. Breast milk, for instance, contains more cystine, compared to cow's milk, which contains more of another amino acid known as methionine. It is especially important for premature babies because they are incapable of using methionine until they grow up. It is also possible that the high levels of some amino acids, found in the bottle-fed baby's blood, might in certain circumstances, damage the nervous system.

Nucleotides are building blocks necessary for protein manufacture (like the amino acids), and they are present in human milk in larger amounts than in cow's milk. More important perhaps, is the fact that the main one found in cow's milk, orotic acid, is not found at all in human milk. More research needs to be done, before we know how important it is. However, it raises a crucial question. Could there be substances present in cow's milk, which although present in minuscule amounts, might definitely harm human babies?

Different fat compositions

The fat content present in milk is both in saturated and unsaturated forms, but breast milk contains a higher percentage of unsaturated fat. Fats are broken down into simpler fatty substances in the gut, by naturally occurring enzymes called lipases. The digestion of cow's milk fat (butterfat) by lipase, leads to the release of a fatty acid, palmitic acid, which combines with calcium in the gut, and is passed out in the stools, so robbing the body of calcium. In human milk, palmitic acid is built into the fat particles in such a way that when fat is digested by lipase, the acid is not released as a free fatty acid, but is absorbed in the bloodstream together with part of the broken-down fat particle. Thus, calcium is not lost. When babies are growing fast (and a baby grows at its fastest on the very first day of its life), they need ample supply of calcium, to build strong bones and teeth.

Human milk contains some lipase of its own, unlike cow's milk, which relies solely on lipase present in the baby's intestine for its digestion. Hence, the breaking down of fat present in breast milk starts even before it reaches the gut. It means that some of the valuable fatty acids are available for use sooner than would be in the case of cow's milk.

Fat is necessary for the body's development in many ways, but it is especially important for the development of the outer coatings of the nerves. It seems likely that the specific pattern of fatty acids in human milk has developed to supply the rapidly growing brain and nerves, with exactly the right building materials at the right time – early infancy – when the tissues grow faster than at any other time. Clearly, any disturbance in the natural balance of the essential substances may prevent optimum growth of the nerves and brain, even if we cannot yet measure the lost potential.

Of even more practical importance to the mother is the fact that if a breast-fed baby regurgitates milk, there is no unpleasant smell, whereas a bottle-fed baby's vomit has a characteristically foul, sour smell, which can quickly permeate the clothing of both mother and child. The difference is due to the presence of a fatty acid – butyric acid – in cow's milk, which smells nasty when partially digested.

Unusable calcium

Comparision of nutrients in human and cow's milk

Micronutrients in grams per 100 gram milk

	PROTEIN	*FAT*	*CARBO-HYDRATE*
HUMAN MILK	1.2	4	9
COW'S MILK	4	3.5	4.9

Micronutriments in miligrams per 100 grams

	CALCIUM	*PHOSPHORUS*	*SODIUM*
HUMAN MILK	33	18	16
COW'S MILK	118	97	50

The ratio of calcium to phosphorus in mother's milk is 2.35:1. However, it is only 1.27: 1 in cow's milk. According to Dr Frank Oski (Chairman of the Department of Pediatrics at Upstate Medical Comparisons Centre, State University of New York), only foods with a calcium to phosphorus ratio of 2:1 or better should be used as a primary source of calcium. Because of the excessive amount of calcium and animal hormones in cow's milk, in time, it can upset the calcium-phosphorus levels of the body. When the calcium and phosphorus level is affected adversely, body chemistry is off balance, resulting in the mouth becoming acidic. Bacteria thrive in an acid medium, and thus the drinking or taking of cow's milk and milk products may lead to dental decay, as it may play a part in assisting the mouth to become an incubator for harmful bacteria to grow and thrive. Human beings absorb less calcium from high-calcium cow's milk, than from the lower-calcium mother's milk. It is not the quantity that counts, but quality.

Low carbohydrate

Mother's milk has double the carbohydrates found in cow's milk. It is 9 grams as against 4.9 grams, per 100 grams in cow's milk. Consequently, cow's milk is relatively deficient in the nutrient. That is why a breast-fed baby hesitates to accept the tasteless cow's milk. Cow's milk is usually not fed in its original concentration, and given only after making it highly diluted. It makes milk absolutely tasteless. In the beginning all children reject it. But hunger compels them to drink the tasteless food. Artificial sugar is added to create an artificial sweetening. Thus, sugar is unnecessarily introduced to a child's stomach, and the innocent infant becomes the victim of wrong food. It should not have been given sugar, which may harm its pancreas, by stimulating the outflow of insulin too early in life. Mother's milk provides all the sugar and water it could possibly need. A high-calorie drink would anyway satiate its appetite, and once again prevent it from wanting to feed at the breast. A sudden slug of sugar is completely unphysiological and unnatural, so why give it? Are we not trying (foolishly) to fit the abnormal, and unsuitable food to the human gut, by various adjustments? Mother's milk never needs any abnormal adjustments. Breast milk also contains glucose and some other sugars which are completely absent, or present in much lower quantities in cow's milk.

The bifidus factor is present in breast milk, but virtually absent from cow's milk. It is a very valuable protective element against infections in the gut.

Unfit minerals

Cow's milk (unmodified) contains almost four times as many minerals as breast milk, and it is one of the reasons why a baby's kidney needs to work very hard if it is fed on cow's milk. No animal milk available has the low mineral levels equal to breast milk.

Cow's milk has six times more phosphorus (18: 97) and three times more sodium (16: 50) than mother's milk. When out of proportion, the elements create waste matter in excess in the body by their presence. What are the effects of the excesses?

The level of sodium in breast milk is ideal for human babies. Sodium is closely linked with water in the body, and an imbalance of either can be serious and even fatal. That is why much care should be taken of babies who are bottle-fed, if they develop any illness such as diarrhoea, vomiting, or fever (all of which reduce their water level), and also much care should be taken while preparing food – it must not be too salty (so increasing their salt level). Higher levels of calcium, phosphorus, and magnesium are present in cow's milk. Several problems are known to have arisen from it, including a type of muscular spasm known as neonatal tetany, convulsions, and poor development of enamel teeth, followed by severe dental decay.

Iron is one mineral present in larger amounts (twice as much) in breast milk than in cow's milk. Recent research shows that the iron in breast milk is better absorbed into the bloodstream than that in cow's milk. Certain substances such as Vitamins C and E, and copper, help iron to be absorbed more efficiently, and they are present in higher amounts in breast milk. The fully breast-fed baby almost never becomes anemic, whereas severe anemia is common among children who drink cow's milk.

Nutritionists say that the nutrients taken in higher amounts than needed are excreted. It is perfectly true. When our organs of elimination are unblocked, excretion proceeds smoothly. However, in our current collective condition, are our organs functioning smoothly? Unfortunately it is not so, and if they are not, what happens to the system? The working of eliminatory organs is hampered.

Highly sticky casein

There is 300 per cent more casein in cow's milk than in mother's milk. Casein is the protein component in milk. It is a very thick, coarse substance, and known for the development of huge bones. Casein coagulates in the stomach, and forms large, tough, dense, and difficult to digest curds that are adapted only to the four stomach digestive apparatus of a cow. The by-products of the bacterial decomposition of casein end up in thick ropelike mucus, which sticks to mucous membranes and clogs our bodies.

Cow's milk causes more mucus than any food on the planet; thick dense mucus that clogs and irritates the body's entire respiratory system; mucus that coats the inside of the body, and prevents the fluid operation of the system. The dense gluey mucus, which causes a tremendous burden on the eliminative faculties of the body, clogs the delicate mucous membranes and invites diseases. It sticks to the lining of the intestine, and prevents the absorption of nutrients from the body, which results in lethargy and diseases. Dr Norman W. Walker, a pioneer in the field of vegetable juices and raw food, stated after a study of half a century, that a major contributing factor to the thyroid problem was casein.

Water balance

Breast milk is a perfect food for human babies because the proportion of water and the other constituents are just right. On the other hand, a baby drinking cow's milk is in danger of taking too high a proportion of the substances dissolved in it, because the concentrations of some of them are too high (even in modified cow's milk). It is more likely to happen if the baby is already dehydrated from diarrhoea, vomiting, or sweating from fever. In addition to such unavoidable hazards, mothers often make up milk feeds too strong, reducing the proportion of liquid to solid. Especially, in the early weeks of life, the baby gets too much solid. It gets dehydrated, and badly ill. The stools of bottle-fed babies, contain less water than those of breast-fed babies, and are one reason why they get constipated more often.

High infections

For two-thirds of the world population, feeding babies cow's milk is tantamount to 'signing a death warrant', according to the United Nations Protein Advisory Group. The risk of the babies developing infective diarrhoea is extremely high, because of the lack of adequate hygiene-related precautions, together with the lack of anti-infective factors in the cow's milk. In the West though the mortality rate is presently lower as compared to that in the first half of the 20th century, they still have thousands of babies suffering from gastroenteritis and respiratory infections (colds, coughs, croup, ear infections, pneumonia, bronchitis and flu, to name a few). Some babies also get serious infections such as meningitis and septicaemia. Though we can stop most of the babies from dying, no mother wants to see her baby in hospital, or even suffering from repeated infections at home. Breast feeding will help protect your baby against the infections, especially if you breast feed exclusively. It is now almost certain that even one feed of bottle milk can alter the baby's bowel to such an extent (albeit temporarily) that it can pick up an infection compared to a breast fed baby.

In Manchester in 1970, out of 170 babies under six months of age admitted to a hospital with gastroenteritis, only one baby was being breast fed! In Newcastle in 1976, among babies treated for respiratory infections, only one baby in 14 was being breast fed, compared with one in four among healthy babies outside the hospital. If we look further afield, we can find even more startling figures.

Two rare diseases of babies that we mention here are necrotising enterocolitis, a bowel infection with a high death rate seen almost exclusively in the bottle-fed, and acrodermatitis enteropathica, a disease of unknown cause for which breast milk provides the only treatment. They are virtually never seen in the breast fed child.

Cow's milk and allergies

There are few subjects in child care, which have stimulated so much interest and concern in recent years, as has infantile eczema, and it continues to be a distressing and difficult condition to treat. An American study that watched over 20,000 babies for five years, found that there were seven times as many babies with eczema in the bottle-fed group, as in those completely breast fed. (Babies given some breast and some bottle milk were twice as likely to get eczema as the totally breast fed ones). The survey also found that one in 20 babies fed on cow's milk developed eczema.

In fact, more than 30,000 babies develop cow milk allergy every year in the USA, and there must be many more that are simply not diagnosed. The research into allergy is interesting. It has been known for some time that eczema, asthma, and hay fever, are less common in children who have been breast fed. We now know that many other illnesses are caused by allergy to cow's milk protein or to other food proteins, which pass through the gut wall of bottle-fed babies.

As we mentioned in the last chapter, babies only begin to make their own immunoglobulin A (IgA) after the first few weeks of birth. Until they make it in enough quantity, they need IgA from their mothers' milk. Cow's milk IgA is of no help as it is spoilt by heat treatment. IgA is important in preventing allergic diseases, because it forms a protective coating over the gut lining and not only weakens infection there, but also stops large protein molecules (such as infective organisms or proteins from cow's milk or solid foods) leaking through the gut wall into the blood stream.

However, the babies who are bottle-fed have no protective coating of IgA until they make enough of their own (probably not for three months or so). Thus, food proteins can leak into the bloodstream through the gut wall, and be taken to various parts of the body, where, in susceptible people, they set up an allergic response. The allergy may not produce symptoms straightaway, but may take a while to show itself. Unfortunately, a single bottle of cow's milk can sensitise a baby, and so possibly cause allergic symptoms either at once, when he next drinks cow's milk, or sometime later. The only way of proving whether symptoms are caused by an allergy or not, is to remove what is thought to be the offending food from the baby's diet, wait for the symptoms to disappear, then reintroduce the food, and see whether the same symptoms recur. It has been done with cow's milk protein allergy, and the case has been proved many times over.

Why haven't we heard about it before, you may ask and also, does cow's milk allergy cause any other problems? Until recently, the diagnosis of cow's milk allergy or allergy to any other food was not clinically acceptable, and medical students were not taught about food allergies. Various studies have suggested that from 0.5 per cent to seven per cent of bottle-fed babies, develop allergy to cow's milk. Symptoms produced vary and include diarrhoea, vomiting, failure to thrive, bleeding from the gut with consequent anaemia, colic, eczema, nettle rash, runny nose, cough, wheezing, and rattling of the chest, asthma, and bronchitis.

The food protein most commonly involved is the B-lactoglobulin in cow's milk. There is no B-lactoglobulin in breast milk. Boys seem to be affected twice as often as girls, and the symptoms seem to be more common in families with a history of allergic problems. Obviously, a baby does not have all the various symptoms at once, and they may come and go with spontaneous remissions between attacks. The child who always seems to have a cold, may in fact be allergic to some particular food, and the 'cold' may be an allergic condition of the lining of the nose, and not a viral infection at all.

In a study looking at eczema in children, it has been found that among children from 'allergic' families, 50 per cent develop eczema in infancy if they are bottle-fed, whereas only eight per cent get it if they are breast fed. As breast feeding obviously gives protection against eczema, and as eczema can be such an unpleasant complaint, it is a strong point in favour of breast feeding.

In a study in Lancashire, 90 per cent of mothers with an allergic family history were able to breast feed in hospital, and 80 per cent were still feeding for the last three months. The remarkably high level of success was due to two factors. First, the doctors were encouraging, the women had plenty of back-up help, and second, they were highly motivated, because they were convinced of the value of breast feeding for their potentially allergic children.

Breast milk can also contain traces of 'foreign' food proteins (such as egg, cow's milk, cereal and fish proteins), which can cause allergic symptoms in highly susceptible babies. It helps explain why a few breast-fed babies develop eczema and asthma. Mothers of susceptible babies should avoid eating large amounts of the protein foods at any one time. The other ways through which a breast fed baby can get eczema and asthma, are by the inhalation of or skin contact with 'foreign' proteins.

No anti-infective factors

We have already talked about the antibodies in breast milk, but there are other substances, which also help fight infection in the baby, and many of them are more plentiful and more active in breast milk than in cow's milk.

The very proportion of the nutrients in breast milk, compared with cow's milk, prevents the growth of certain organisms such as E. coli, dysentery and typhoid bacteria in the baby's gut. The high-lactose, low-phosphorus, and low-protein levels in particular do it. The breast fed baby's gut, like that of the bottle-fed baby, contains thousands of tiny organisms. These are of an entirely different kind in the bottle-fed baby, and account for the foul smell of a bottle-fed baby's stools compared with the bland smell of the stools of a breast fed baby. The organisms in the breast fed baby are members of the lactobacillus bifidus family, and are encouraged to grow by a special nitrogen-containing sugar, the bifidus factor, which is not present in useful amounts in cow's milk. The lactobacilli produce acetic and lactic acids, which together prevent the growth of many disease-producing organisms such as E. coli (a common cause of gastroenteritis in the bottle-fed baby), the dysentery bacillus, and the yeasts, which cause thrush. There is also a possibility that the bifidus factor itself interferes with the flu virus.

An important anti-infective factor in breast milk present in much greater amounts than in cow's milk is lactoferrin, a protein. Together with one of the immunoglobulins (IgA), lactoferrin inhibits the growth of many organisms, including E. coli, the yeasts, and staphylococci, by robbing them of the iron they need for growth. An important discovery is that extra iron prevents the action, because the organisms then have enough to use to grow and divide. So giving a breast fed baby iron supplements, may actually produce more infections of the gut. To any mother whose baby has had gastroenteritis, it is far from an academic argument. Lactoferrin, like the antibodies, loses its activity when milk is boiled, so the small amount that is present in cow's milk becomes useless in baby milk preparations.

Three more factors interact with each other to kill bacteria, lysozyme, present in breast milk in an amount 300 times greater than in cow's milk, immunoglobulin A, and substances called complements. Lysozyme is present in other body secretions such as tears, where it helps prevent infections of the eyes and eyelids. Breast milk also contains an anti-staphylococcal factor, hydrogen peroxide, and Vitamin C, which together kill bacteria such as E. coli, an enzyme lactoperoxidase that inhibits the growth of bacteria, and many live cells.

These live cells are white cells similar to some of those in the bloodstream. It means that breast milk is a living fluid, unlike cow's milk, which by the time it reaches the baby, has all its cells killed by processing. The lymphoid cells in breast milk make IgA, as well as an anti-viral substance called interferon. These cells can also be absorbed from the gut, into the bloodstream of the baby, where they continue their work of making immunoglobulins. Other cells in breast milk are called macrophages. These are large cells, which can actively engulf particles such as bacteria, and also produce lactoferrin, lysozyme, and complements. Other substances which are not antibodies, and yet act against certain viruses, such as the polio, mumps, and encephalitis, have been found in breast milk. So much for the substances, we know to be present in milk.

There are undoubtedly many others that we simply haven't yet isolated, some of which may be extremely important. After all, just because something is present in large amounts, or is easy to measure, doesn't necessarily mean it is especially important. Perhaps some valuable parts of breast milk are as yet unknown. Various trace elements, may well fall into such a category.

The constant change in breast milk and cow's milk

Neither breast milk nor cow's milk is of constant composition.

Their make up varies according to the length of lactation, the time of the day, and even within a feed itself. In the case of cow's milk the variations only affect the calf. The bottle-fed baby drinks milk of highly consistent composition, because cow's milk of many different types and stages, is pooled for human consumption. Breast milk, on the other hand, is supplied on a 'one-off' basis direct from producer to consumer, and varies in composition considerably. These variations, far from being harmful, are of considerable importance.

Is it fair to assume that bottle-fed babies really do so badly? The answer is that while the vast majority of bottle-fed babies do thrive, more of them suffer from illness during their first year, and there may be many long-term effects of drinking cow's milk in infancy, which we are only now beginning to appreciate.

3

Lactose Intolerance

It has been found that lactase, an intestinal enzyme which aids the digestion of lactose into galactose and glucose, gradually diminishes with old age, in many races. It causes an upswing in the prevalence of lactose intolerance, a condition marked by uncomfortable gastrointestinal symptoms. Thus, a disagreeable quality has been attributed to milk, the food that was previously hailed as the best, and the most perfectly suited for human development and nutritition.

Children as well as adults are encouraged to drink milk, because it will presumably supply calcium to protect teeth and bones, and will provide other benefits, usually derived from calcium. However, the most recent and shocking finding is that those who have an intolerance to milk and milk products (there are many), suffer from calcium deficiency in spite of drinking milk, due to the intolerance which prevents proper milk calcium assimilation. And according to the study conducted at the Department of Medicine, Ohio State University, the milk intolerance may also lead to osteoporosis, a bone disease.

Be cautious!

If you are not accustomed to dairy products, never introduce yourself to the food. Non-milk users are likely to be affected faster by the harmful effects of dairy products than milk users. 90 per cent of the population is lactose-intolerant. But the problem is not limited to any race or any one country. More than two-thirds of Blacks, Orientals, American-Indians, and American-Mexicans, living in the US as well as some Caucasians, Indians, Asiatics, Polynesians, and other communities, living in the US and elsewhere are affected. Furthermore, many people do not recognise the symptoms as being associated with milk or milk-product intolerance, and suffer in silence without knowing the cause of the problem.

Lactose and casein in milk have to be broken down by the enzymes found in the body. Lactose is broken down by the enzyme lactase, and casein by renin. Lactose, the carbohydrate in milk, has come under scrutiny lately. Medical science has recognized that many people have acute reaction to milk, in the form of cramps, bloating intestinal gas, and diarrhoea. These symptoms are caused by the lack of lactase – the enzyme needed to digest lactose. Lactase is no longer produced after the baby is weaned, between the ages of two and four. By the age of three and four, renin is almost non-existent in the human digestive tract, except for a small number of people, and so is lactase.

What are the symptoms of milk intolerance?

The symptoms so far accepted as common reactions to milk intolerance include:

Stomach and other cramps
Diarrhoea or loose motions
Nausea and sometimes vomiting
Flatulence (gas)
Bloating
Nasal symptoms including mucus formation
Fatigue, malaise (unexplained by other factors)

Very few medical studies have been conducted to determine the presence of milk intolerance, and no special educational programme concerning milk intolerance exists in many countries, including India.

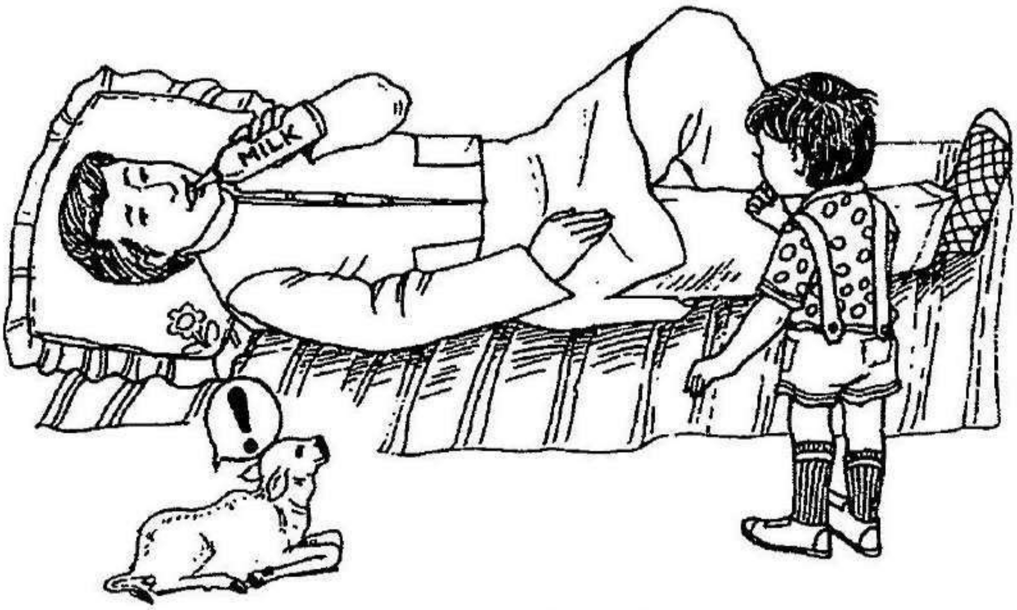
Happy solution to the problem

Those who are aware of milk intolerance have long been looking for a solution. Some people have insisted that if you cannot tolerate milk, you can successfully tolerate the soured or fermented milk products such as yogurt, kefir, and buttermilk. Unfortunately it is not true for all people. We dare not generalise, as Dr Roger J. Williams, of the University of Texas, has been trying to tell us for years. Each one of us is as different from other people as fingerprints. The soured or fermented milk, even ice-cream, cottage cheese, and other cheeses, as well as milk used in cooking or in bread may, for in some people, trigger any or all of the symptoms already mentioned.

So to date, the only solution for most milk intolerants has been to avoid milk completely. It has meant that it was not safe for milk intolerants to eat away from home. Since milk is used in almost everything including sauces, gravies, soups and breads, therefore in some cases has activated symptoms in the unsuspecting victim.

4

No Food for Adults



Milk is only for infants

The intake of milk is particularly harmful in adulthood. Before a child is born, the foetus is provided with oxygen for breathing and ready-to-use food materials for growth, from the mother's blood. Following birth, the infant breathes by itself, but it still must have nutritive materials from its mother, which is supplied in the form of her milk. Actually, the mother's milk replaces the blood, which nourishes the unborn baby in the womb. Milk resembles blood. It is blood without the respiratory substances, that is, the red blood cells and blood pigment. Milk may be aptly described or termed as white blood, because that is what exactly it is.

Milk is supposed to be used for only a limited period till the infants are developed enough to eat regular food. All animals know when to wean the child. With human beings, the weaning time arrives when the baby begins to cut teeth, and it becomes uncomfortable for the mother to nurse the child, as the baby begins to bite the nipple hard. It signifies that milk should be withdrawn from the diet, and the child should then commence eating wholesome solid foods to grow healthy and strong.

The change in digestive mechanism

The digestive system of the infant is specially adapted to the digestion of milk, while that of the adult is for more solid and bulky food. The advent of teeth indicates that Nature intends to change the infants diet from fluid to solid food.

The liver is specially concerned with the digestion of milk. The organ is comparatively three times larger in the infant than in the adult. For example a child of seven pounds has a liver weighing half pound. The liver of a 21-year-old adult also weighs half pound. The digestive juices of the stomach in the infant is alkaline, while it is acidic in the adult. Therefore, milk in the stomach of the infant turns into curds, but in the stomach of the adult, it curdles (splits). The stomach and upper parts of the intestines in the infant form almost a straight tube, and the contents are easily discharged, while in the deep curvature of the adult stomach milk stagnates. The more relaxed and atrophic the stomach is, the worse is the digestion and discharge of the milk.

Furthermore, the digestive processes and peristaltic action in the young child are much more active than in the adult. It explains why everybody cannot use milk as a food or medicine. In many instances it causes biliousness, fermentation, and constipation.

85 per cent of the protein in cow's milk is broken down by the enzyme chymosin. Chymosin enzyme is secreted only in a child's stomach, and the adult stomach lacks it. It is also Nature's indication that the milk is for infants, but not for adults, and is the worst for old people. Nature's position in the matter of drinking milk is

clear in other ways too. Why is it that renin is supplied by Nature in the infant's stomach, and not in the adult stomach? Why is it found in the stomach of the young ones of all animals, and not in the mature species?

No animal in the animal kingdom, under normal circumstances, uses milk except for its infants, newborns, and young ones, and that too only till they are able to partake other foods. If we closely scrutinise Nature, we can clearly recognize that the liquid food is given to an infant, who does not have teeth to chew any solids. Its digestive apparatus gets altered from one end to the other, and the milk which was needed in early infancy is no longer necessary, nor desirable after the physiological development of the jaws, teeth, and the alimentary canal. Children should then have solid food. They should not be burdened with milk, juices, and sweets.

When teeth start erupting one by one, the mother's milk and its protein contents gradually start diminishing. It indicates that the child must now shift gradually to juicy, pulpy, soft, and solid foods. It must not be restricted only to liquids. After the age of three, milk is no more needed by a child or an adult. Adults can consume solid foods, and liquid foods such as water and fruit juices. If we continue to drink milk after infancy, it weakens the digestive tract, and teeth, due to the lack of fibre, and less physical activity, causing dyspepsia and constipation.

It is a proven fact that a child who depends only on milk is found to be severely anaemic and debilitated, has poor complexion, and is weak (Hb three to eight grams – 25 per cent to 60 per cent). Milk lacks iron and many other important vitamins and minerals needed by human beings. How useful is it to adults then?

One of the most outspoken opponents of dairy products, Dr William A Ellis of the US says, 'In my 42 years of practice, I have performed more than 25,000 blood tests for my patients. These tests show conclusively, in my opinion, that adults who use milk products do not absorb nutrients as well as adults who don't. Of course, poor absorption, in turn, means chronic fatigue.' (*Healthview Newsletter*, Virginia, spring 1978).

Cows do not drink milk, but why do human beings do so? Why are human beings drinking cow's milk? If a grown-up cow were to be offered milk, it would sniff at it and say, 'No thanks, I will have grass.' Think about it. Would you like to suck milk directly from the udders of the cow or buffalo or goat? No, your instinct will not allow you to do so. But you will let someone else get it, and bring it to you in a glass!

5

Combining Milk with Other Foods is Detrimental

If you want to make a child's life miserable, feed him milk and he will suffer the most, even leading to his death. Yes, animal milk plays havoc with infants and children. The infant drinks one to two litres of milk, usually with an addition of two teaspoonfuls of sugar. These children develop protein overload syndrome. The younger the child, the greater the adverse effects of protein overload. These children are undernourished, and often weigh around six kgs, at the age of 10 to 12 months (as opposed to the expected 9 to 10 kgs) inspite of consuming a large quantity of milk.

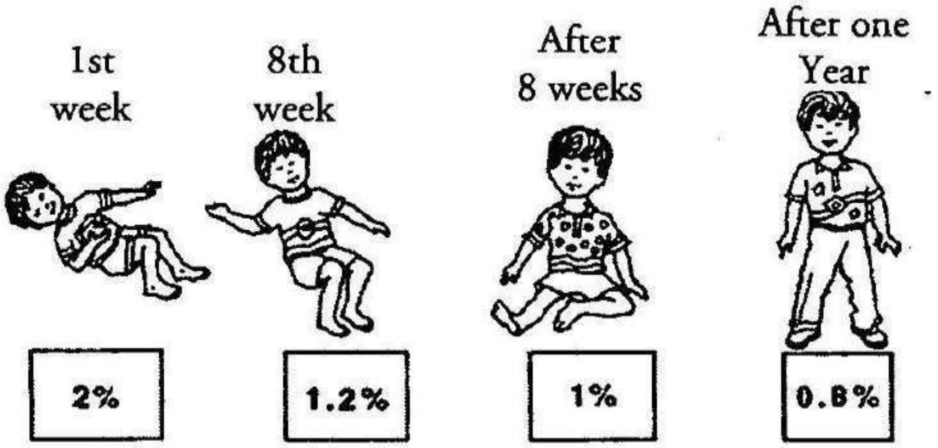
It must be emphasised that although there is only 0.9 to one per cent of protein in mother's milk, this protein has the highest biological value because it is most digestible and is fully utilized. On the other hand, a child fed between one to one-and-a-half litres of buffalo or cow's milk, each day, consumes almost 40 to 60 grams of proteins. The infant weighing around six to seven kgs, takes seven to eight grams of proteins per kg body weight per day, instead of the normal requirement of 1.8 gram per kg per day. This results in protein overload.

The child who has excessive appetite, cries a lot, gets intestinal colic, wants milk all the time and gets abdominal distension, is constipated, gets large or bulky, hard-formed foul-smelling stool, and passes a large amount of foul-smelling urine.

Liver

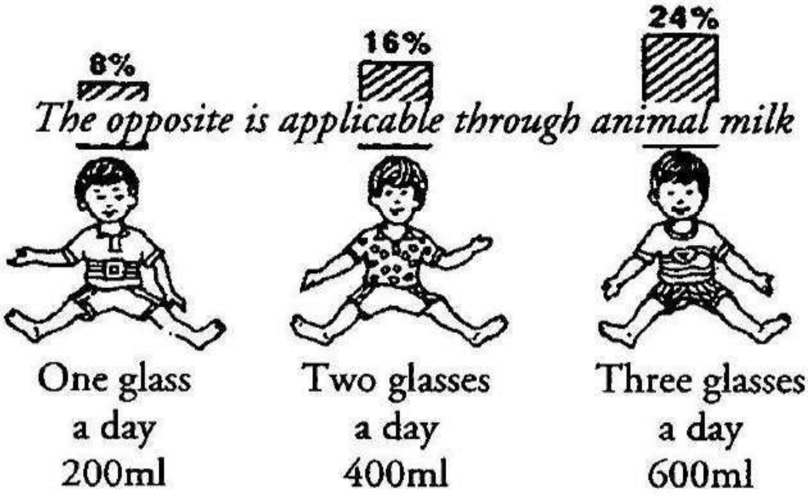
The child gets well-marked enlargement of liver, because of the excessive load of fat and protein on the liver.

The gradual reduction of protein in mother's milk
in accordance with the child's needs


1st week
8th week
After 8 weeks
After one Year
2%
1.2%
1%
0.8%

Drop of protien content in mother's milk

Another side we supply
Excess Protien of Animal Milk


8%
16%
24%
The opposite is applicable through animal milk
One glass a day 200ml
Two glasses a day 400ml
Three glasses a day 600ml

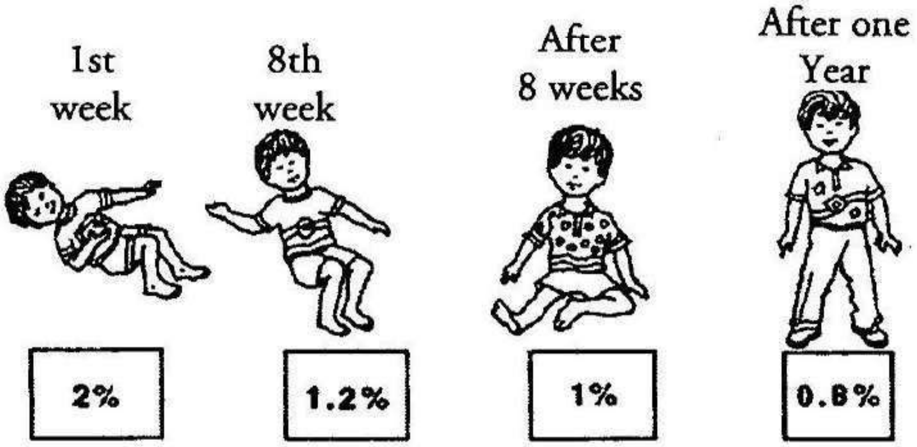
Heart

High protein leads to adverse effects on the body metabolism, which may cause trachycardia or a rapid heartbeat, with rapid and laboured breathing. At times there is enlargement of the heart, which is probably caused by the retention of sodium in the body as the cow's or buffalo's milk contains three to four times more sodium chloride, than mother's milk. There are also other causes of trachycardia, and cardiac enlargement, which are probably related to endocrine dysfunction.

Liver

The child gets well-marked enlargement of liver, because of the excessive load of fat and protein on the liver.

The gradual reduction of protein in mother's milk in accordance with the child's needs


1st week
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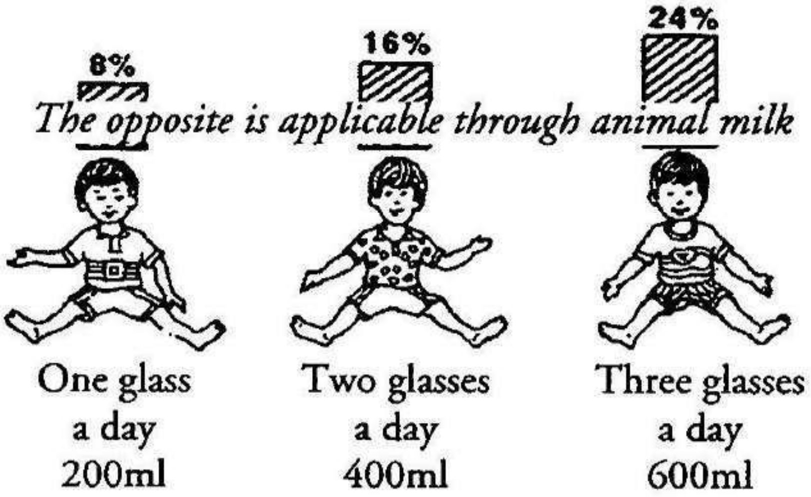
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Loss of weight

However, the most noticeable disadvantages of high proteins are loss of weight, and a stunted growth inspite of the child consuming high calories from the large quantity of unbalanced food. It can be worsened by the addition of non-veg foods like eggs, chicken, and fish, as they add further protein load in the diet. The diet is unbalanced as it contains high proteins, high fats, and is usually low in carbohydrates.

High blood urea

The large intake of proteins in the diet leads to high blood urea, increase in blood ammonia levels, acidosis, and disturbance in electrolyte balance. High ammonia levels in the blood are harmful, as they can damage the brain particularly of neonates. In low birth-weight babies and young infants, the condition is described as nutritional hyperammonaemia.

Some American workers observed the growth of low birth-weight babies, who were given high protein diet in the neonatal period and infancy, and found the progress of the children at school, even at the age of seven to be slow. Such an adverse effect on the development of infants has also been reported by a medical team of Bombay Medical Hospital (Dr P.M. Udani, MD, Paediatrician).

Anaemia

Animal milk also causes moderate to severe anaemia in children due to deficiency of iron. These children have haemoglobin values of three to eight grams, 25 per cent to 60 per cent of the normal values. Milk is poor in iodine and iron. Infants are born with a rich store of reserve iron in the liver. Therefore, I advocate a large quantity of juices to supply minerals, carbohydrates, and vitamins. Fresh grape juice for iron and sugar, orange juice for vitamin C.

Dr Rosamond lists the following as typical symptoms arising from large intake of milk by children: pallor from anaemia, constipation, irritability on the part of the child, refusal to eat (and the mother usually insists on more milk), restless sleeping, bad dreams, bed-wetting, and in some cases a morbid appetite for unusual substances such as dirt.

Dr Alfred S. Schwarts, Assistant Professor of Clinical Medicine, Washington University, has pointed out that severe nutritional anaemia is more common among children who drink large quantities of milk.

Milk actively blocks absorption of iron from other sources. Breast-fed babies have a much higher rate of iron absorption than those fed on cow's milk formulae, even if those formulae are fortified with iron (John Robbins, *Diet for a New America,* Stillpoint Publishing, New Hampshire, USA, 1987).

Tetany (fits) and rickets

Tetany is a condition in which a child gets fits due to low calcium level in blood. Infants with high intake of animal milk get a huge amount of phosphorus from it, and suffer from what has been described as hyper phosphataemic hypocalcaemic convulsions. The condition is further aggravated if the child has rickets, because animal milks are poor in Vitamin D.

Both breast fed and bottle-fed infants, living exclusively on a milk diet, may develop rickets.

Vitamin D is added to milk to prevent rickets in children, but even this well-intentioned process has its drawbacks. Synthetic Vitamin D encourages calcium deposition, and has a tendency to bind with magnesium, and carry it out of the body. Severe magnesium deficiency can cause kidney damage, atherosclerosis, heart disease, impaired protein metabolism, chronic nervous irritability, and depression.

Carbohydrate deficiency

A child on cow's milk develops carbohydrate deficiency, due to low carbohydrate and high protein and fat content in it. There are various syndromes, which can occur in infants fed on cow's milk, but they never occur in breast-fed babies.

Sudden cot deaths

There are sudden deaths of babies (usually under six months of age) for which no obvious cause is found in the postmortem examination. A viral illness is suggested in many cases. The babies go to sleep quite normally, and then die in their sleep. In India, two out of every 1,000 babies die in such a way – a total of 1,800 babies a year. It is difficult to gauge the extent of suffering caused to the parents of such children.

No one knows why such babies die, but some researchers have suggested that there might be a sudden overwhelming allergic response to a foreign protein, such as cow's milk protein. Another idea is that the baby is killed by a viral invasion, which his body is completely unable to cope with. Because breast milk contains no foreign protein, and also provides resistance against many viral infections, it could be that a good way of preventing such tragic deaths, would be to feed them completely on mother's milk, at least for the first four months.

6

My Experiments on Infants with Animal Milk

A child feeding on mother's milk properly and regularly, never gets sick. It never experiences colic pains, or gas bloating, and restlessness. It sleeps soundly, and does not cry unnecessarily, unlike bottle-fed babies. They have only minor problems. When the mother's diet changes from normal to abnormal, resulting in indigestion, the mother also creates mild indigestion in the infant. The stools of an infant on breast milk are comparatively odourless, non-irritating, and soft. The baby's breath is sweet, and there is no foul odour in the perspiration. The urine does not irritate the baby's tender skin nor does it bear a strong offensive smell. It is because Nature has provided the baby with an intestinal tract suited to human milk – the specific food it was designed to utilize.

After a year when mother's milk is reduced, animal milk substitutes it. The first reaction of the child is total rejection. The diluted milk has no taste. Sugar is added, and it is tried again. But the child does not accept it. After a persistent effort of a few days, the child learns to drink cow's milk. The immediate effects observed after giving cow's milk to an infant are as follows:

1. The tongue which is usually clear and pinkish while fed on mother's milk, turns mucus-coated, which is a clear indication of liver and intestinal sluggishness.
2. The faeces with no foul smell earlier, becomes foul smelling

after the intake of cow's milk. The constituents of stool are loose, semisolid, and undigested. The stool becomes more whitish. It indicates that the curdled undigested milk by-products are not accepted and thrown out by the system.

3. The day the child is introduced to animal milk, his silent peaceful days come to an end, and he experiences restlessness, colic pains, gas bloating, and sleeplessness. It affects parents' health too. Vomiting of curdled milk is often noticed.
4. Frequent urination with a typical smell of ammonia is observed. The urine-stained clothes, which were not smelling previously, start smelling after the intake of cow's milk. It is solely due to gas (ammonia), and indigestion.
5. Replacing milk with curds, thinking curds to be a digestible food, does not bring about any change in the abnormal symptoms.
6. After months of experimenting, when the animal milk is totally discarded, and mother's milk is restored, the child is again normal and easy. Why don't you try it yourself? The experiment furnished enough evidence to prove the benefits of mother's milk, and the hazardous effects of cow's milk.

It is well-known that the mildest of all treated milks for bottle-feeding to infants is the one that has been subjected to the pasteurization process. Still, the infant's secretions, after ingestion of pasteurized milk, become odorous and irritating. Constipation often results. If the baby's urine is examined, the waste products of protein putrefaction are found. In my own practice of over 15 years, I have found it a regular feature. Commercially modified milk and baby foods are foreign to the baby's liver and digestion, and may produce diarrhoea, milk allergies, and constipation. To overcome the latter, manufacturers sweeten their products with unnatural, artificial sugars, which increase acidity and fermentation, produce gas and colic, and toxic urine.

Some babies are so sensitive that they even react badly to the cow's milk that their breast-feeding mothers ingest. In one study, breast fed babies were found to react to foods eaten by their mothers, mainly cow's milk and eggs, and once the mother stopped eating them, the baby's symptoms cleared up (David Freed, ed, *Health Hazards of Milk,* Baslliere Tindall, 1984). Cow's milk can also clog the arteries of young children and babies. A pathologist in Derbyshire, England, noted that out of 16 cot deaths, the only baby with normal arteries was the one who was breast fed (reference, as above).

Children hate animal milk

Almost all children after three or four years start disliking milk. It is natural as they have only drunk milk for a long period of two to three years. Now the child has no desire for milk. Their natural instinct directs them to go for solids, fruits, vegetables, nuts, and cereals. But unfortunately the ignorant parents force them to drink animal milk compulsorily. In case of rejection they are threatened, scolded, and beaten. Unknowingly, they sow the seeds of various diseases in their children, and consequently both the parents and the children suffer.

Children never become sick, they are made sick

We have accepted all childhood disorders and diseases as a normal phenomenon of Nature, which it is not. The diseases invited by drinking milk are running nose, ear catarrh, cough, cold, nasal adenoids, acne, pimples, enlarged tonsils, mumps, enlarged lymphatic glands, occasional fever, pneumonia, bronchitis, allergy, constipation, debility, anaemia, obesity, and many more syndromes. Remove all the dairy products from the child's diet or cut them down significantly, and watch what happens. All symptoms diminish gradually. We have seen it happen ever so often.

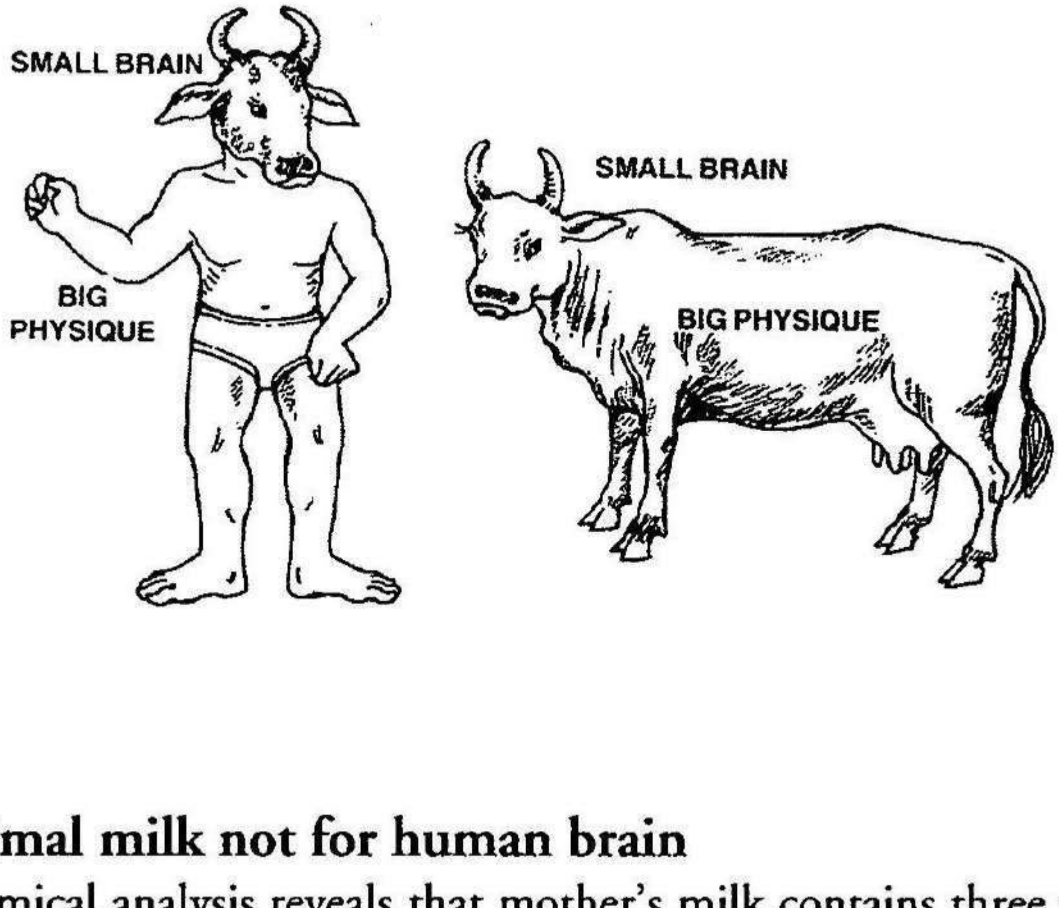
Let your child remain relaxed, by cutting off milk completely from his diet. Feed the child coconut, nuts, peanuts, sesame seed and its milk, soya bean milk (not necessary), sprouts, pulses, cereals, bananas, fruits, dates, vegetables, and roots. These are the normal foods best suited to its biological needs.

Why should children become sick? They don't have any mental problems, no wrong lifestyle, no addictions, no lack of exercise, and no physical stress. They are absolutely under the direction of their parents. Parents are the main culprits for their sickness, as they impose their habits and misconceptions over a young child. Parents never allow their children follow their own instincts and desires.

Children seldom like salt, spices, boiled tasteless foods like vegetables, eggs, meat, fish, milk, and green leaves. They relish all the cereals without any additions, and recognise the original tastes. They like raw fruits and vegetables, nuts, dates, bananas, and potatoes. They eat when hungry, and like animals, they reject food if not hungry. Parents insist on fixed meal times and force-feed despite an obvious rejection. They try to feed them even when they are not hungry. They are often subjected to over-feeding as well. Parents feed their children by their standards not the quantity indicated by the child. And when they disobey the poor child is subjected to threats, bribes, or scoldings.

7

Cow's Milk and Growth Differences



Animal milk not for human brain

Chemical analysis reveals that mother's milk contains three times as much lecithin and 50 per cent more sugar than cow's milk. The lecithin serves in the construction of the large human brain. The human body is made to develop slowly. But the brain is intended to progress rapidly. Mother's milk provides for those essentials in precise quantities. Cow's milk enables the body of the human child, but not the brain to grow rapidly.

The human brain is correspondingly larger at the time of birth than that of any other creature on earth. Furthermore, its rate of development and growth is greater. Nature has not made those provisions in the milk of any other animal. It is in the best interests of mankind not to consume food that will give us rapid body growth and bulkiness, and slow down development of our mental faculties. But, that is what we are doing when we substitute cow's milk for mother's milk.

I dare to suggest that our mental faculties have not improved since we adopted the cow as our alternative mother, and challenge all supporters of milk to prove through statistics in any reasonable form, that our brain power has not degenerated because of animal milk. Therefore, I suggest that in mental tests the milk-fed boys were inferior to those who drank no milk or a little milk. The most remarkable feature of the growth of the human infant, in contrast with that of other animals, is the great growth of its brain during the first year of its life. Mother's milk is specially designed to meet the needs of the marked brain growth.

Milk and unbalanced growth

The milk of each animal species contains growth hormones in a concentration suitable for the development of the infants of the species. The growth hormones are secretions of the anterior pituitary glands which promote and control growth. The growth hormones of different species of animals vary greatly. For example, a rabbit in six days after birth doubles its weight, a dog in nine days, a sheep in 14 days, a goat in 22 days, a cow in 47 days, a horse in 60 days, and a man in 180 days. It has previously been pointed out that the growth hormones, in fact, all hormones secreted by the endocrine glands, are like powerful little hydrogen bombs. It is easy to surmise what effect the growth hormones of a cow, which form a major ingredient of the cow's milk, might do to a human being. Some people think that the overconsumption of milk may account for so many Americans growing so tall. Yet, they are not particularly noted for excellent health. The growth hormones of the cow act upon the human child when it drinks milk. If it is born with an overactive anterior pituitary gland, then it is getting a double dose or more, so to speak, of growth stimulant, which may result in the child growing to be excessively tall and skinny. The hormones added to what the body usually produces for itself, after passing through the nursing or infant state, may throw the individual's body into a chemical imbalance that could be disastrous.

The growth rate of every species is different. Accordingly, their milk and their chemical compositions also vary. Human beings are the only species on earth designed to grow slow physically, but fast intellectually. The milk of cows and buffaloes is designed to stimulate growth faster – within two years, compared to 18 or 20 years of human development. In those parts of the world where milk is consumed, the size of the humans has increased tremendously.

The men and women of 5'3" to 5'7" have been replaced by giants extending from 6' to 6'6" and more. It is especially true in the Western world, and in Northern India (Punjab, Haryana). All available records and experiments prove conclusively that heavy consumption of milk or use of milk by children increases their height and weight, compared to children who drink no milk or less milk. It is further conceded that the milk-fed children will present a better all-round appearance (i.e. in stature physically) than the children who do not get milk. I contend that the appearance of well-being brought about by milk is not maintained in adulthood, middle, or old age. However, scholastic tests have revealed that such taller, heavier, more robust children do not excel in their studies, or mental abilities, although their physical superiority is well proved. The athletes, the soldiers, the wrestlers, and the hard labourers, are the best examples.

The problem with them arises, especially after middle age, because at a young age, the body can tolerate the heavy proteins, fats, and excesses, due to heavy exercise. As age increases, tolerance reduces, and the process of digestion and elimination slows down, resulting in waste accumulation and disease. By the time one reaches the age of 45-50 years, degeneration, and breakdown of many of the organs appear due to overstraining. If the body has good genetic vitality, and if exercise or physical labour is continued, sound health may be maintained for another 20-30 years. However, their old age ends in terrible suffering.

Those who stop hard physical activity earlier, are more prone to dreadful diseases, and suffer a lot. It is not milk or flesh foods that give you health. Exercise develops great endurance. However, the tolerance, accommodation, and adjustments of the body, are not healthy actions. They are mere resistance against abnormal factors. A person using excessive milk products, without exercise is inching towards the grave. A person using not more than 200 ml of milk may face minor problems or none at all. Those who use excessive amounts of milk products have reduced digestive function in middle age. Gastric ailments, belching, indigestion, dysentery, constipation, and piles, become a permanent feature. During childhood, the child becomes obese due to milk consumption, and the body balances it by creating acute eliminative disorders like seasonal fever, flu, diarrhoea, cholera, cold, sinusitis, and cough. The excess weight automatically drops down, and the child remains thin and debilitated, with low resistance. Fortunately, it is rare or comparatively less with breast-fed children, though the quality of mother's milk also plays a great role, based on her lifestyle.

It is perfect for growth

It is a popular belief that healthy babies are fat babies. Consequently, women tend to overfeed their babies to make them chubby as soon as possible. Bottle-fed babies double their birth weight quicker than most breast-fed babies do, and it tends to make them obese in infancy and later life.

Growth does not constitute putting on weight as soon as possible, as many people think. The growth of the human infant is a complex affair. When we compare the growth rate of infants of underprivileged sections, with that of the privileged sections in the West, we see that the rate is faster in the latter case. As prosperity increases, so does the growth rates of babies. However, is it sensible to assume that babies that grow fast is what we should be aiming for? Apparently not, as per the work of a distinguished doctor in

Southern Africa. He questions whether the standard growth rate for American and British babies should be taken as normal. By their standards, millions of children are malnourished, yet they seem perfectly fit and well, and grow up to be healthier than many Western children. A hundred years ago, English children reached their maximum height at the age of 25 – today they get there at 16. Among the rural Bantu in Africa today that age is 20.

Experiments on animals have shown that slower growth rates during infancy make for slow ageing, and it seems to be borne out in humans if we see evidence from South Africa. In one study, there were at least 20 times as many Bantu people over the age of 100, than there were whites. It is well worth thinking about, because it may be that by feeding our children forcibly, we could be accelerating their growth, and leading to the onset of degenerative diseases, thereby decreasing their lifespan. It is almost impossible to overfeed if you are only breast feeding. There is every reason to believe that the nutrients in breast milk are perfectly designed to ensure optimum rate of growth of the child (especially to the human baby's fast brain growth rate). Any tampering with Nature's design could lead to problems.

The hormonal disharmony (59 active hormones)

All cow's milk have 59 active hormones, scores of allergens, herbicides, pesticides, dioxins (upto 200 times) etc. One is a powerful growth hormone called Insulin-like Growth Fact (IGF-1). This is a normal part of all milk...the newborn is supposed to grow quickly!

When cow's milk replete with growth hormones is consumed, it causes a great chemical and organic imbalance. The hormones for fast growth stimulate the pituitary gland, and make it hyperactive along with other glands. Rapid growth and excess weight gain takes place. The faster we grow and mature in opposition to Nature's slow growing plan, the earlier we move towards degeneration and exhaustion. Our resistance is of course, never good compared to breast-fed children or young ones. It is a well-known fact that the faster a tree grows abnormally, the less will be its endurance and resistance. Human beings must grow slow as per Nature's plan. Nature's law of action and reaction is that every stimulation leads to depression, and every hyperactivity leads to hypoactivity (low). The hormones for fast growth in animal milk are the best sources of developing abnormal growth cells like fibroids, sarcoma, and cancer. Why do we consume growth hormones, after our complete maturity is reached?

Dr H.M. Sinclair, Vice-President of Magdalenia College, Oxford University, and an eminent British researcher in nutrition, had long ago recognized the inferiority of cow's milk, and the tendency to overfeed children with milk. Dr Sinclair believes that excessive milk feeding during the growth period of the child is not desirable, and may lead to early maturity, which within itself will lead to premature death due to chronic degenerative diseases. In other words, overfeeding during the growing period of children, shortens the growth period, brings on adult size quicker, and hence shortens life. Excessive and rapid growth of children in the United States, where overfeeding of milk is common, may very likely hasten the development of chronic degenerative diseases such as heart disease, kidney disease, and even cancer.

Milk is intended for the growth of an infant. The use of milk after the age of two or three makes little sense. Thereafter there is reduced or no need for growth hormones. These unnecessary hormones will initiate abnormal cell growth, and as their stimulation continues, the growth hormones do not remain silent in the body. Their presence continues to imbalance and disturb the normal functions of the body, which may definitely lead to malfunctioning of the body, and abnormal body symptoms. High consumption of protein, fat, casein, sodium, and phosphorus, leads to different effects on different organs.

Can anybody clarify where such excess elements go? Are all the elements completely absorbed and become part of the body? You are pouring down a drink of high chemicals and hormones, and you know well that they are in excess for the body. If so, what is the sense in drinking an unwanted foreign drink? Just as fruits and nuts are absolutely our own food, milk is absolutely a foreign food and food of a very different species. What relation does animal milk have with a biologically and physiologically different species, the human being? Animals have their own world, and their own food. Human beings too should have their own food.

Why do we interfere in each other's life? What right do we have to interfere? Can't we live peacefully with other beings, and let them live peacefully? Why don't we milk the lion or the tiger? Because we cannot overpower them? However, we overpower and tame other weak and innocent creatures, chain their freedom, bind their legs and feed them as we like. Should we not feel ashamed of torturing the innocent animals?

Animal feed – at what cost?

If milk is a perfect food, why does man go for agriculture and other inferior products? Why doesn't he concentrate totally on milk production? Why does he waste time on agriculture? About 1/3 of the total world population consumes milk, 2/3 of the world population lives without milk. It would be a useless endeavour of man to concentrate on the development of milk industry, because the food grown for animals, covers so much of land, that enough land will not be left for agricultural products. In fact, every consumer or producer of dairy products bears some responsibility for the drought because the cattle raised for meat and milk contribute to water depletion and climatic changes that exacerbate drought.

Cattle, especially in the numbers that are needed to satiate the world's appetite for meat and dairy, require enormous amounts of water and food. Their thirst drains the aquifers and reservoirs that supply water to the farms. Their hunger depletes corn, sorghum, soya beans, and other plant foods that could be used to feed people. In fact, about half of the total Indian harvested acreage is used to feed animals. When drought comes and crops die, retail food prices rise partly because of the lost acreage.

Just how much the current, intensive system of producing meat and dairy products is to blame for environmental damage is unclear, because many other factors interact in ways not entirely understood. Even so, it is clear that animal products can be hazardous to the planet's health. The hazards are inherent in the methods used by farmers and ranchers to raise cattle.

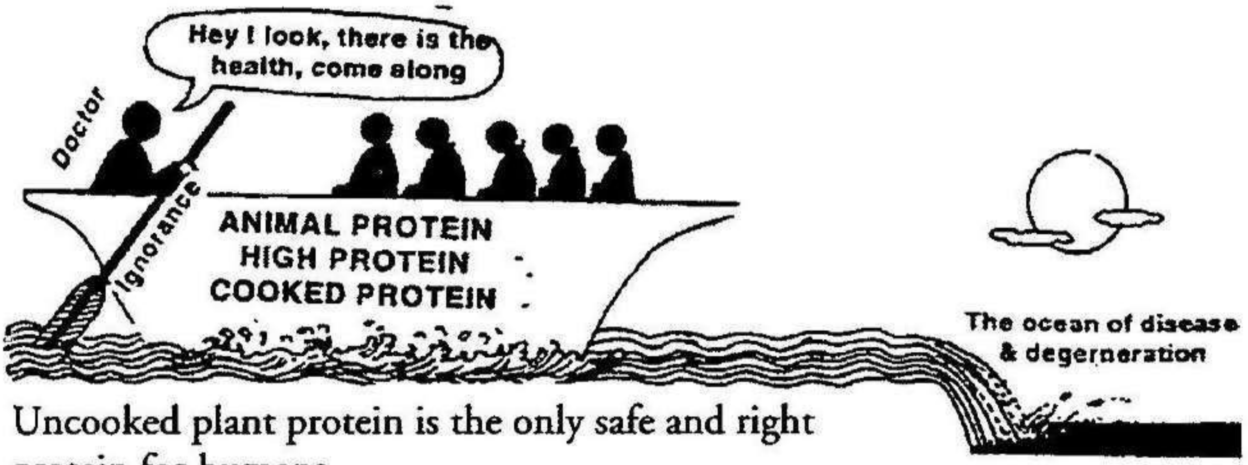
Livestock raising, whether as a small family operation or large factory farms, is a water-intensive business. Each day, a dairy cow eats up to 70 pounds of food – food that requires water to grow – and drinks around 30 gallons of water. On hot days a cow may drink as much as 50 gallons. Cattle raised for beef require comparable amounts of food and water. A Michigan State University researcher estimated in 1981 that it takes 2,500 gallons of water to produce a one-pound steak.

Cattle produce a lot of excrement (2 billion tons annually). When cattle are concentrated in a small area, their wastes pollute groundwater and surface water. In addition, feedlots have to draw prodigious amounts of water from one source, further stressing reservoirs, aquifers and other local water sources. The fact is that Nature never intended animal milk to be human food. Why don't we grow more and more nuts like coconut, almonds, walnuts, cashew nuts, peanuts, and varieties of fruits, and bring down the prices so that the poor people too can enjoy Mother Nature's gifts? These are the perfect foods for human consumption. Why should we consume abnormal food? Use milk, meat, eggs, leaves, grass, dirt, or whatever you like, when you starve and struggle for survival (as human beings did in the past thousands of years). Now, one does not have to struggle for food. Everything is available in plenty.

8

The Protein Myth

Never ride on animal protein, cooked protein, or high protein diet. The end is fatal

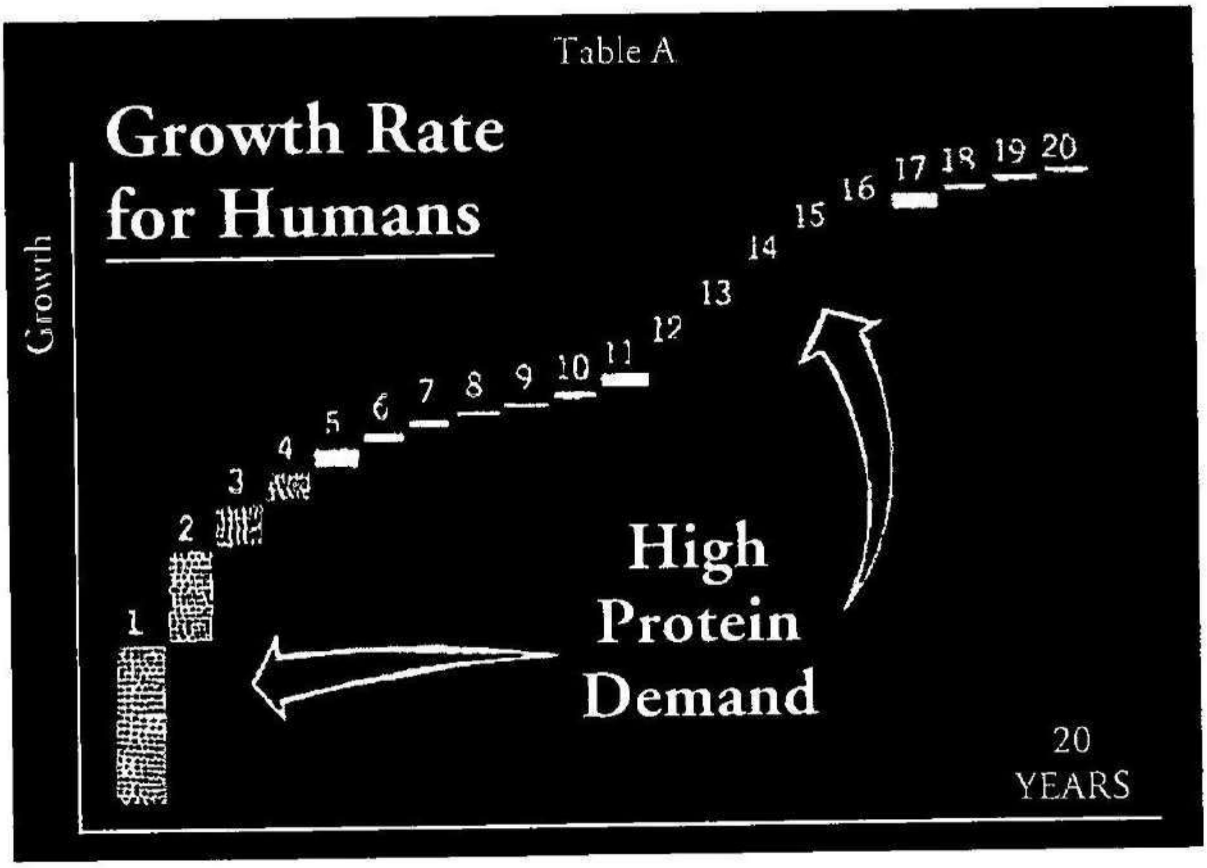

Hey ! look, there is the health, come along
Doctor
Ignorance
ANIMAL PROTEIN
HIGH PROTEIN
COOKED PROTEIN
The ocean of disease & degerneration

Uncooked plant protein is the only safe and right protein for humans

The protein hype has influenced the minds of medical science and educated people to a great extent. The war cry we hear in the field of nutrition is, 'protein, protein, protein,' as if protein is the only essential nutritional need of human beings. The protein hype is created by medical people, most of who know little about proteins. They narrate just what they have been taught. They have no time to look at the facts, and think for themselves.

Nature's law of nutrition, according to well-proven research, is maximum amount of carbohydrates (wholesome and not processed), low proteins, and fats. From infancy to old age, the law does not change, only the quantity does. We need very little protein and fat. Protein is a vital component of diet. That cannot be disputed. The myth isn't about the need for protein, but rather the touting of protein as the most essential dietary item, especially in terms of strength and endurance.

In order to dispel the error, it is helpful to know the proper role of protein in the body. Next to water, protein is the main substance in plant and animal cells (with the exception of fat cells). In young animals, growth is a result of the increase in the number of cells. The faster an animal grows, the more rapidly cells must be manufactured, and thus more protein must be available to support the rapid growth.



Take a look at Table A. It shows the human growth rate from birth to maturity. Notice that growth is not always constant. During the first year of life, growth is faster than it is during the second, which is faster than in the third, and so on. Growth rate levels off during the early school years, and then during adolescence there is another growth spurt.

The body's need for protein changes with the change in growth rate. When growth is rapid and vast numbers of new cells are being formed, the demand for protein is high. However, when maturity is reached, protein should be decreased. It is because adults don't need protein for growth. They need proteins only for maintenance and repair of damaged tissues in the case of injury. Thus, to a large extent, the amount of protein needed depends on how rapidly growth is taking place.

Table B shows a list of common domestic animals arranged according to the time taken for the newborn of each species to double its birth weight. Humans grow slower than any other animal. A newborn baby takes 180 days to double its birth weight. In comparison, a horse grows three times as fast, doubling its birth weight in just 60 days. The cat is faster still, doubling its birth weight in just seven days. It is 26 times faster than the growth rate of the human baby.

Table B : Protein content of milk

Species	Protein %	Number of days required to double birth weight
1. Human baby	1.6	180
2. Colt	2.0	60
3. Calf	3.5	47
4. Kid	4.3	19
5. Pig	5.0	18
6. Lamb	6.5	10
7. Puppy	7.1	8
8. Kitten	9.5	7
9. Rabbit	14.4	6

The table also shows the ratio between the protein content of the milk of different species and the time taken by the infants of the species to double their birth weight.

The proteins of the different animal milk vary greatly in their amino acid constitution, so as to meet adequately the varying needs of the different species.

Nature has accounted for the varying growth rates in a most interesting way. On a percentage basis, human milk contains the lowest amount of protein, averaging just 1.4 per cent during the early weeks of infancy. On the other hand, the milk of the mare contains two per cent protein. The mother cat provides her kittens with a much higher level of protein roughly 9.5 per cent.

The 1.4 per cent protein in the woman's breast milk is an average figure. Research has shown that the protein content of human milk lessens week by week to match the slowing growth rate of the infant. Beginning with a maximum of two per cent during the first week after birth, the protein percentage drop to 1.2 per cent at the end of eight weeks and then levels off at around one per cent.

It is also interesting to note that the average mother's milk protein is 1.4 per cent sufficient to supply the human organism with all the essential amino acids and protein needed during the most rapid part of its growth and brain development.

Apes, considerable stronger than human beings, live on a fruit diet which averages between 0.2 and 2.2 per cent protein equivalent to the protein concentration of mother's milk.

However, what do we do as soon as a baby is weaned? We place him on cow's milk containing a higher percentage of protein and continue with it for the rest of his life. Since an eight-ounce glass of milk may contain eight grams of protein, it is easy to see how much protein a child consumes in the course of a day.

More recently, Dr Barry Brener from Harvard University, said, 'There is a fundamental mismatch between the design of the human kidney and the burden imposed on it by the high protein diet of the average American or Westerner.'

He is referring to the fact that excess dietary protein places added burden on the kidneys, thereby contributing to premature kidney dysfunction, even in otherwise healthy people. Studies have shown that high protein diets cause animals to grow faster and mature earlier. Unfortunately, those animals also die earlier. The final argument against a high protein diet lies in the very design of the human body. Human beings are designed neither anatomically nor physiologically to eat high protein diets. Our digestive system closely resembles that of animals that are primarily fruit eaters. 'The original diet provided by the Creator for the occupants of the Garden of Eden is still the best today,' says Dr Meryyn G. Harding MD, (*Herald of Health* September1990)

Research from all over the world suggests that we need very little protein, that too in its raw state. Why not go for nuts, seeds, sprouts, and fruits, which do not require cooking and are most tasty when they are raw? The digestibility of the raw protein is much higher than cooked hard proteins.

According to the Max Planck Institute for National Research in Germany, which Paavo Airola considers the most respected and reliable nutritional research organisation in the world, there are many vegetable sources of protein, which are superior or equal to animal proteins. The Max Planck Institute found complete vegetarian proteins, which contain all eight essential amino acids to be available from almonds, sesame, pumpkin, sunflower seeds, soya beans, buckwheat, peanuts, potatoes, all leafy greens, and fruits. Fruits supply approximately the same percentage of complete protein as mother's milk. It is very easy to get enough protein for the body's requirement provided you eat enough natural, unrefined food.

Who kills? Doctors or diseases?

Medical practitioners are responsible for millions of premature deaths and much of human suffering. Many are killed and many more slowly poisoned on being prescribed a high-protein diet.

Even today, doctors prescribe great emphasis on high protein consumption (especially animal proteins), thereby dragging their patients towards the graveyard, and push them toward dreadful degenerative diseases. Who is to blame?

The protein controversy is an issue more of fear and confusion than fact. 'On a closer study of Nature, one notices that chimpanzees and gorillas (creatures that resemble us closely) are considerably stronger than humans and are primarily fruit eaters, where their diet averages between 0.2 and 2.2 per cent protein, representing a higher level of energy and strength. Perhaps over that time we might find that not more than four per cent of milk is all that one needs.' (*Spiritual Nutrition*, Dr Gabriel Cousens MD, p. 100)

Milk proteins promote intestinal putrefaction. There are enough superior proteins in the vegetable kingdom, in the form of nuts and oil seeds. Oil seeds rank as the best source of proteins. Most nuts are full of proteins. Fruits, vegetables, and leafy vegetables have high biological values though they have less percentage of proteins. They, however, contain the most digestible amino acids. A good combination of nuts and fruits contain sufficient proteins. Apart from fruits and nuts, we have plenty of cereals, pulses, beans, and sprouts, which when combined with fruits and vegetables, will provide enough protein.

Research has proved the fact that it is the quality, rather than the quantity of proteins, which is more important. The slower the growth, the lower the protein content. The faster the growth, the higher the protein content. Protein content is high in rat's and rabbit's milk. Hence, they grow faster. Mother's milk contains the lowest protein content and hence the slow growth. Animal milk possesses a different and inferior protein compared to that found in mother's milk, and in the vegetable kingdom. It can never be superior or equal to mother's milk, and vegetable proteins. Cow's milk is superior only for the calf.

Proteins are not a source of energy

Proteins are used as a source of energy only during an emergency or starvation. The eminent German nutritionist Rubs showed that 1/600 part of energy is used in muscular activity, thus opposing the fallacy of the belief, that increased physical activity calls for an increased intake of protein.

Hard physical work needs more carbohydrates, not proteins

Dr Murlin and Dr Miller of the US army pointed out in their report that as per the general consensus among experts in nutrition, an excess of protein is undesirable in the diet of a hard working man, as muscular work does not involve destruction of muscular tissues, beyond the amount sustained in muscular rest. (Rl-32)

Even the calf is not dependent on its mother for protein or calcium. The calf gets all its protein and food from grass, and from the vegetable kingdom. They are entirely dependent on vegetable protein and they grow and develop well to full stature. Then why should human beings run after a completely different category of species (cow) for their protein and calcium?

Why does his common sense not allow him to rely on vegetable proteins? It is just ignorance. Every amino acid (proteins) needed to build human protein is found in fruits and vegetables. If you don't believe it, just go and wrestle with a silver black gorilla, which is three times our size, but 30 times our strength. They eat only fruits and bamboo leaves, and can overturn your car if they want to. Where are they getting their protein? No creature is worried about proteins, calcium, vitamin B12, or iron, except the so-called intellectual and wise human beings, whose natural instinct is perverted.

All creatures eat instinctively what Nature has designed for them (except meat eaters). Powerful animals like horses, elephants, and gorillas, get everything out of their plant food without bothering about nutritional values or the balance of nutrition. It is the body that balances everything if you provide less. It regulates its functions accordingly. If you provide more, then the body balances by reserving, storing, and eliminating (excretion).

Milk ensures no health

If milk is considered to be a good food, perfect food, superior food, or nectar, what is the state of our health? Today, everyone from the rich to the poor is consuming adequate milk. Are our infants, children, youngsters, adults, and old persons free of diseases? Do they enjoy perfect health? Despite the free availability of all milk, the whole human race is sick. Every individual is sick, and every infant is sick. Clearly, we are misled and misguided as far as nutrition is concerned.

9

Calcium through Milk is Dangerous

Calcium? Where do the cows get calcium for their big bones? Yes, from plants! The calcium in cow's milk is basically useless because it has insufficient magnesium content.

Calcium is another buzzword for medical practitioners and the public. The 'calcium fever' has grown to such an extent that the commercial food and dairy industries are flourishing enormously. Any junk food advertised with added calcium draws great attention, ensuring a high sale. Antacid with calcium, cereals with calcium, baby food with calcium, soft drink with calcium, bread with calcium, and so on. Let us look at the way we are taken for a ride.

1. No species of the world is ever worried about its calcium or is deficient in calcium. During infancy, their calcium is supplied by milk, and after weaning; the carnivorous animals get their calcium from hunted animals, and the herbivorous animals get it from herbs and plants, but never through any milk products.
2. The absorption of calcium takes place in the human body only in the ratio of 2:1 with phosphorus. No animal milk has such a ratio. Hence, there is no better calcium

absorption (Dr Frank Oski, Paediatrician, New York).

3. From where does a calf get its calcium, whose need is much higher than that of man?
4. How can milk calcium designed for a calf be fit and usable for humans? Does it mean that anything that contains calcium must be consumed by human beings even if it is a poisonous plant, flesh, or milk?
5. If calcium is intended or designed for the development of bones and physical growth, why do we need milk calcium after human growth is complete? Shouldn't the need for calcium reduce after maturity? Where will the excess of calcium go? Undoubtedly, it will be deposited in various organs, joints, and arteries, or excreted, overstraining the excretory organs resulting in breakdown of the organ, or unbalancing the chemistry.

Now let us look into some of the causes, which are the real culprits behind the deficiency of calcium. Calcium is necessary for conducting nerve impulses. It is a necessary element, which binds cells together in body tissues. It plays a part in keeping the heartbeat normal, and is essential for healthy bones and teeth. It is natural to question where one will get enough calcium, if he does not drink milk, and eat milk products. It takes only a small amount of calcium for the system to perform the vital functions, which otherwise puts too much burden upon the system. The body's calcium absorption is controlled by the endocrine glands, and the body can easily get all the calcium it needs from a natural wholesome diet.

Calcium is found in all foods that grow on the ground. They easily supply sufficient amount of calcium to meet the requirements of both growing children and adults. Plants absorb calcium from the soil, and incorporate it into their structure. Animals consume the plants and absorb the calcium. That is how cows get calcium.

It has been established clearly that green leafy vegetables are a prime source of calcium in human nutrition. In addition, all raw nuts and seeds, grains, beans, fresh fruits, dried fruits, and vegetables, have sufficient calcium. The belief that we can't meet calcium needs through a diet devoid of dairy products is not true. Remember, researchers have established that calcium deficiency does not occur among individuals living on a natural diet.

Why do we lack calcium?

Now the question that pops up here is certainly not how to add more calcium to the system, but what is draining or keeping the calcium away? The real calcium leachers are highly acidic diets. It is important to understand the role of calcium in the human body. One of its functions is to neutralise acid in the system. Many people, who think they have a calcium deficiency, are on highly acidic diets. Therefore, calcium in their body is being constantly used, to neutralise the acids. Reduce the acidic diet and stop the draining.

Acid and alkaline balance

The normal ratio of alkalis and acids in the body is approximately 4:1 for good health. Our blood is basically alkaline in nature. To maintain its alkalinity, we need 80 per cent of alkaline (base) food and only 20 per cent acid-forming food. Acid-forming foods involve all animal products, meat, eggs, fish, milk products (except butter), all grains, all legumes, all nuts (except almonds), tea, coffee, alcohol, sugar, tobacco, soft drinks, salt and drugs and preservatives, insecticides, pesticides, residuals, and unripe fruits.

Alkaline-based foods include virtually all fruits and vegetables, sprouts, almonds, fresh coconut, green beans, peas, coconut water, and honey. Though 80 per cent of our diet should consist of fruits and vegetable, we consume almost all acid-forming food. Whatever calcium we take in is used in the neutralisation of acids, instead of being useful to the body. The higher the use of acidic food the higher will be the use of calcium (the highest leaching). Therefore, non-vegetarians and lactovegetarians (milk users) use up not only body calcium but leach out calcium from the bones and teeth. When the large amount of calcium is lost, the bones become porous and brittle, and become vulnerable to fractures. The disease, which is an extremely serious problem for a great number of people, is called osteoporosis. Milk and animal products are acid-forming foods. Dairy products are a major cause of osteoporosis (a disease in which bone calcium is lost severely).

No animal consumes dairy products after the weaning period and osteoporosis is not an issue with animals. Osteoporosis is unique to the human species. The only exceptions are animals tamed by man. In another study, it was found that vegetarians do indeed have much lower chances of osteoporosis than meat eaters do. Fruitarians are free of osteoporosis, as are other wild animals.

Milk is touted as a great natural source of calcium, and we are told to eat plenty of calcium to prevent osteoporosis, or thinning of the bones. In fact, eating dairy products can increase the rate at which calcium is lost from the body and so hasten osteoporosis. Apart from calcium, dairy products are also high protein foods. If we have too much protein in the diet from milk products or any other source, such as meat, fish or eggs, the body has to get rid of the excess. To do it, the kidneys must lose calcium as they cleanse the blood of excess waste, a process known as protein-induced hypercalciuria (*J Nutr III,* 553, 1981; *Trans NY Acad Sci* 36, 333, 1974).

People in the United States and Scandinavian countries consume more dairy products than anyone else, and they have the highest rates of osteoporosis (*Clin Ortho Related Res,* 152, 35, 1980). It emphasises the threat of excessive protein in the diet, and suggests that dairy products offer no protection against osteoporosis, probably due to the high protein content of milk (*Am J Clin Nutr,* 41, 254, 1985).

Vegetarians are not safe

Vegetarians are as much prone to osteoporosis and many other degenerative diseases, as non-vegetarians, due to their excessive intake of acidic foods like pulses, milk products, cereals, sugar, salt, and processed foods. These not only drain away calcium from the body, but also give rise to serious disorders. The safest way for vegetarians is to maintain the ratio of 75 per cent fruits and vegetables and 25 per cent nuts or cereals and pulses in the diet. Dairy products can be used sparingly or in proper combination.

10

Calcium Drainers

High proteins are the prime cause of calcium loss

'Thousands of studies show that the more protein you consume, the more calcium you lose.'

Dr John McDougall MD
(Founder & Medical Director of Nationally renowned McDougall Programme, Santa Rosa CA)

Clinical professor at Hawaii School of Medicine, Dr McDougall has given 1,600 references to back up his work (www.drmcdougall.com), a real eye-opener on the subject. Why isn't his name recognised more widely? Is it because he is not on the payroll of the National Livestock and Meat Board, or the National Dairy Council? In Dr McDougall's words: 'The calcium depleting effect of protein on the human body is not an area of controversy in scientific circles. The many studies conducted during the past 55 years constantly show that the most important dietary change that we can make if we want to create a positive calcium balance that will keep our bones solid is to decrease the amount of protein we eat each day. Americans get into trouble not only with the amount of protein they eat but with the type of protein as well.'

There are about 20 common amino acids that make up the different proteins and three of them contain sulphur in their chemical structure. Sulphur-containing amino acids have a strong calcium-depleting effect on the kidneys. Animal proteins have a higher content of the sulphur-containing amino acids than the vegetable proteins.'

High protein content causes loss of large amounts of calcium, and a negative calcium balance. More than 55 years have passed, but our learned medical authorities are still pondering over the causes of osteoporosis.

Osteoporosis – the loss of bone tissue – is common in Western countries, particularly in menopausal women. Changes in diet and an altered lifestyle may help prevent it. The key lies not in milk or massive calcium supplements. Advertisements by the dairy industry notwithstanding, evidence shows that, beyond a certain extent, taking calcium does not stimulate the body to build bones.

What causes osteoporosis?

A major factor appears to be the damaging effect of a high-protein diet. 'The literature indicates that a high-protein diet, like the American diet, contributes to the epidemic of osteoporosis,' Rosenthal said. 'We have a population that eats a high protein diet, smokes, and hardly exercises. These are really the main reasons for the epidemic of osteoporosis.'

A protein-rich diet depletes the body's calcium. When protein is consumed, some of it is used for the body's various needs. Some of the excess is converted to urea in the liver. Urea is a powerful diuretic. When urea and the amino acids, which are the building blocks of proteins, enter the kidneys, they cause loss of water and important minerals. Calcium is one of the minerals washed away in the process. In addition, as proteins break down to amino acids, which are absorbed into the bloodstream, the blood becomes slightly more acidic. To neutralise the acidic effect, calcium is leached from bone material. It ultimately leads to an increase in calcium excretion in the urine. Therefore, the more protein we take in beyond the amount we need, the more calcium we lose.

'Researchers have estimated that doubling the protein in the diet leads to a 50 per cent increase in calcium loss in the urine,' adds John A. McDougall.

The dairy industry is using osteoporosis as a marketing tool. They would like us to believe that the body's careful regulation of calcium absorption and bone structure can be tricked by simply ingesting a large amount of milk. 'But it is not valid,' Burkitt said, "People with low calcium intake get infinitely less osteoporosis.'

Beware! High-protein eaters, your bones may be prone to cracking at the slightest accident or jerk. Beware of medical professionals pushing you earlier to the grave, by prescribing a high-protein diet.

A high-protein diet is not only the cause of osteoporosis, but also the major cause of cancer, tumours, and kidney failure. When the problem of osteoporosis is studied worldwide, one is struck by the fact that the highest incidence of osteoporosis is in countries where dairy products and calcium supplements are consumed in large quantities (United States, Sweden, Finland, United Kingdom, Scandinavian countries). The incidence of osteoporosis is lowest in the countries where the least amount of dairy products are consumed (Asian and African countries, South India, China, Thailand, and Malaysia). Osteoporosis is most common in those states of India where protein consumption is high (Punjab, Haryana, Delhi, UP).

A number of studies have been carried out on the Bantu women of Africa. They consume less than half the protein of American women, and have a lifestyle demanding large amounts of calcium, nursing up to 10 children in a lifetime. Yet, osteoporosis is almost unknown among them.

Other common acidic foods

Pulses and cereals: Being protein foods legumes are highly acidic. Cereals are next. Among cereals, wheat is high in acids, while rice and millet are on the lower side. Sprouted legumes are more alkaline, and less acidic. Fresh raw green cereals and beans are more alkaline and good to use. When they are dried and cooked, they turn acidic. Therefore, they should be used sparingly. Excessive consumption of pulses and cereals adds to fast calcium depletion. To overcome the problem, our daily diet should constitute of 75 per cent fruits and vegetables, and 25 per cent of cereals and pulses. There will be no calcium deficiency if the composition is followed.

Tobacco: Smoking is an exceedingly acid-producing habit. Its poisonous acids are highly toxic. Two drops of nicotine can kill a cat or rabbit.

Alcohol: Impairs calcium absorption by affecting liver to activate vitamin D.

Caffeine: Found in coffee, tea, soft drinks, and chocolate, it causes twice as much calcium to be excreted as normal. It has been demonstrated in several studies.

Soft drinks: The culprit here is phosphoric acid. It is made by treating phosphorus with sulfuric acid (caustic). The high level of phosphorus in the blood uses up body calcium from bones and teeth for balancing and neutralisation. If the calcium did not buffer the excess phosphorus, the subsequent acid level in the blood would place one's life in danger.

Salt: The more sodium you take in, the more calcium you excrete.

Concentrated suger: It creates an acid reaction in the body, and acidity demineralises the system. It occurs because when sugar is metabolised, it creates various organic acids. Sugar intake also alters the calcium-phosphorus ratio in the blood by causing a drop in the phosphorus level. When the presence of the latter is inadequate, calcium cannot be absorbed by the body.

Antacids: These contain aluminium, which causes increase in calcium excretion. Those who are habituated to popping them should know the side effects.

Lack of sunshine and exercise: Plays a vital role in low absorption of calcium. The remedy is to get sufficient sunshine and exercise regularly.

Animal milk is a crude calcium food

Some people get less usable calcium from drinking milk than from eating leafy vegetables. Another way of increasing calcium absorption is to have a glass of fruit juice every day. Apple juice is particularly effective. (CDR, Rudolph Ballantene, M.D, *Diet and Nutrition* U.S.A., page 228).The body's ability to absorb and utilise calcium depends on the amount of phosphorus in the diet (R Hur, *Food Reform: Our Urgent Need*, Heidelberg Press 1975). The higher the calcium/phosphorus ratio, the lesser bone loss takes place and the stronger the skeleton, provided the intake of protein is not excessive. Foods with higher calcium/phosphorus ratios are fruit and vegetables. Nor is low-fat milk any better. It contains one per cent butter fat and a full complement of allergy-inciting milk protein.

The remedy for calcium

Cut down on all the above-mentioned high-acidic and high-protein food from your diet to about 25 per cent. Increase intake of fruits, vegetables, and make sunshine and exercise a routine in your daily life.

Get the required calcium from natural food

Use maximum amount of raw food (for 100 per cent calcium absorption).

- Green leaves are the best source of calcium, provided they are eaten raw.
- Sesame (til) seeds rank first in high-calcium content (1,160 mg). All nuts and seeds contain enough calcium.
- Fruits and vegetables are good and well-known sources of calcium.
- Oranges are especially high in calcium.

With abundance of calcium from natural resources, why struggle for animal calcium?

Acid and alkaline food chart

Acid-forming food	Alkaline food
• All animal products: meat, egg, fish etc. • Dairy products: heated and pasteurised milk, cheese, curds, and butter. • Dried peas and beans. • All cereals (whole grains): wheat, maize, rice. • All nuts and seeds (dried) peanut, walnut, cashew nut, sesame, sunflower, and melon seeds. • All processed foods: bread, biscuits, bakery products, polished rice and pulses, white sugar • Toxic food: tea, coffee, alcohol, tobacco, soft drinks. • All fats and oils. (slightly acidic)	• All fruits and citrus fruits (except a few berries). • Raw vegetables, all green, leafy vegetables. • Sprouted beans, peas, grains, and seeds. **Partially alkaline** • Soaked nuts, seeds and its milk. • Fresh nuts: almonds, coconut. • Fresh raw milk and curds. • Fresh green beans and peas • Herbs and spices (not health food). • Selected sea food (not health food).

11

Pasteurized Milk: A Dead Food

The problem associated with drinking milk is much more pronounced with pasteurized milk, than with raw milk. The disease-producing qualities of milk multiply manifold after pasteurization. Modern processing methods have made the nutritional composition of milk even harder to swallow.

Pasteurized milk is an unwholesome, unbalanced, deficient, and degenerative food, which produces only disease and degeneration in humans, as well as in other creatures to whom it is fed.

Milk cannot be heated above normal blood temperature, without diminishing its nutritive values. Take any food or plant abounding in life, and heat it to intense temperature and see the results. It simply dies. Enzymes, the life principle of every living cell, are killed at 130°F. Heat a slice of watermelon, a plant, a handful of sprouts to 170° F, and they will be dead, with nothing of value whatsoever.

When milk flows from cow's udder, it is alive with raw materials of life for the calf. Pasteurize the milk at 170° F, and it is dead and any dead food cannot sustain life.

The entire purpose of pasteurizing milk was to supply a clean product, but on the contrary, it is of no use in any way and worse than raw milk.

The business of pasteurization

Pasteurization is not done for any health benefits to the consumer. Large quantities of milk have to be transported long distances, and in the process, there is considerable spoilage. The spoilage means financial loss to the dairy industry. They are bound to protect those profits, not your health. The question of food value took a backseat to that of profits. The pasteurization of milk is to prevent the milk from souring, and not to increase its nutritional value.

A bacterial soup

The pasteurization process is supposed to destroy disease-causing bacteria, but the intense heat does not distinguish between good and bad bacteria. It kills both. What happens to those lakhs of dead corpuscles? They float and remain in the milk as toxic substances. The dead bacterial soup invites other harmful bacteria to develop faster and rot.

The public have been led to believe that pasteurization kills the bacteria in milk. It is largely true for a short period starting immediately after pasteurization. However, as time passes, the bacteria begin to grow again, and the number of bacteria in pasteurized milk rapidly increases by thousands. A bacterial culture test done on the pasteurized milk sold to you will show startling results. Drs May and Murray, authorities on the subject, have re-christened pasteurized milk as 'bacteria soup', because when the bacteria are killed by pasteurization, the dead bacteria are left in the milk. As the dead bacteria decay, they form toxic substances, which can, if the concentration is strong enough, cause sickness.

Pasteurized milk putrefies in the intestines, whereas raw milk merely ferments. Indeed, pasteurized milk will putrefy in the bottle, when placed in a warm room, and will be a smelly mess in four or five days, whereas raw milk will only ferment, and be edible as clabber.

A definite plus point with raw milk is that if it goes bad, it immediately sours, and you throw it away. However, pasteurized milk does not sour. It rots, and turns putrid. Unfortunately, there is not a single dairy farmer who can tell you when the pasteurized milk begins to spoil. Therefore, the chances of drinking spoilt milk are much greater in case of pasteurized milk, than in case of raw milk. Pasteurized milk is rancid long before it develops an obvious odour. In fact, it is stale milk in disguise. Cats, dogs, and rats, will refuse pasteurized milk unless they are starving. Nowadays, cows too are inoculated with all sorts of stuff for better and faster yield.

Dogs fed on pasteurized milk develop mange and other disorders. Litters fed on raw milk thrived. When an English physician fed puppies and kittens on just pasteurized milk, they died, while those fed on raw milk thrived. However, here is one that tops them all. Calves fed on pasteurized milk died before maturity in nine out of 10 cases. If calves, the very animal, for which the milk is designed, cannot live on pasteurized milk, how can human beings?

Francis M. Pottenger, Jr.
1901-1967

The studies were conducted by Dr Francis Pottenger on 900 cats, which were fed only two foods – meat and milk. When they were given raw food, the animals thrived, but when the same food was cooked, the cats became sick and died. Even when the meat was left raw and milk was heated, the same symptoms of degeneration occurred.

It has always been known that the fresher the raw milk, the more valuable its quality as food. Richard Dawson, a Californian dairyman, reported an experiment illustrating the fact. When cows gave birth to twin calves in his dairy, one calf was allowed to suckle the mother and the other was 'bucket-fed'. The bucket milk was raw but had been chilled and was about 12 to 24 hours old. As the calves grew the difference in height was noted. The bucket-fed calf was less vigorous and lacked the glossy coat of the former. That pasteurization of milk can result in deterioration fatal to animals was shown by Dr Pottenger in his experiments. John Thomson of Edinburgh reports another test with twin calves, where one suckled and the other fed on pasteurized milk. The first was healthy but the second died within 60 days. The experiment was repeated many times.

The statement of Hippocrates, 'Thy food shall be thy remedy' is as applicable today as it was centuries ago. In view of the milk processors and innovators, of new forms of preserving milk by powdering or concentrating it, another aphorism of Hippocrates is equally timely. 'They praise what is outlandish, and the bizarre, before they know whether it is good, rather than the obvious and the customary, which they already know to be good.'

The monumental work of the late Francis F. Pottenger, Jr. has proved beyond doubt, the unhealthy nature of cooked animal protein. Dr Pottenger experimented with cats, which are naturally carnivorous animals. They remained in excellent health on a diet of only raw protein. Over a period of five years, he made some convincing and irrefutable observations. All feeding was supervised by him and all experiments were carefully controlled. No cats in the entire experiment – often siblings of the same litter – developed disease, as long as they remained on raw protein diet. In fact, they lived to a ripe old age.

However, all the cats fed on cooked protein developed diseases similar to those seen in man – pyorrhea, loss of teeth, loss of hair, brittle bones, arthritis, gastritis, atrophy, cirrhosis of the liver, degenerative processes in the brain and spinal cord.

We assume that 99 per cent of bacteria in milk are destroyed by pasteurization. The assumption is however misleading, and it omits to mention the fact that most of the bacteria destroyed, are the harmless lactic acid bacteria, while those that remain alive, are largely the bacteria which are said to be harmful.

The statement also hides the fact that the bacteria, which survive even after ideal pasteurization, multiply rapidly thereafter, so that within several hours of pasteurization, the number of bacteria in the milk may be considerably larger than before.

To substantiate Ayers and Johnson of the US Department of Agriculture, I shall refer only to the most orthodox authorities in their publication, 'A study of bacteria, which survives pasteurization.' It says, 'Four distinct groups of bacteria – the acid-forming, the inert, the alkali-forming, and paptonising – survive pasteurization.'

Welch's bacilli and various putrefactive germs are present in pasteurized milk.

The dangerous streptococci and other groups of bacteria actually flourish at the temperature of pasteurization. Pasteurization does not affect the bacteria of consumption (TB), typhoid, or other fevers, which might contaminate milk in certain places.

Pasteurization hastens germ growth

The factor in mother's milk and cow's milk inhibiting bacterial growth has been given the name inhibins. The factor is inactivated, by heating to temperatures lower than the pasteurization temperature. The higher temperature necessarily destroys inhibins of cow's milk within seven minutes.

Destructive effects of pasteurization

The chemistry and physical structure of the milk are greatly altered, its vitamins destroyed, its calcium and phosphorus rendered useless, its digestibility impaired, its proteins rendered less valuable, and its value as food is greatly reduced after pasteurization. The sugar in the milk is broken down and caramelised, and to some extent, the colloids are agglutinated.

Milk protein is spoilt. The protein of milk is partially coagulated by sterilization. The practical destruction of milk albumin, globulin, and disturbances of the mineral balance of the milk make it an unsatisfactory food. A key enzyme, phosphatase, needed to split and assimilate mineral salts in food, in the form of phytates, is present in raw certified milk. It is destroyed in pasteurized milk.

Calcium salts are destroyed

There is a great reduction of physiologically important and bone-nourishing salts. Its calcium-magnesium-carbonate-phosphate is broken up into its constituent salts. At least three of them, calcium phosphate, magnesium phosphate, and calcium carbonate are practically insoluble and their usefulness is almost destroyed. Pasteurization renders the mineral salts of milk insoluble. A great deal of calcium is lost. The evidence is known to all those in the dairy business. There are large calcium deposits in the preheating tubes in pasteurizing plants, and the so-called milk stones in hold-over vats.

Pasteurization destroys vitamins A, B, C, and B complex

Infants, fed exclusively on a diet of pasteurized milk, will develop scurvy. Another casualty of pasteurization is Vitamin B Complex, some 38 per cent of which is wiped out. A great deal of Vitamin C and Vitamin A is lost too. The amount that is left is changed in character. A lesser-known nutrient that disappears in pasteurized milk is the Wulzen factor, discovered by Dr Wulzen and Bahrs, at Oregon State University, which prevents stiffness in animals. Guinea pigs fed completely on raw milk grew well and showed no negative characteristics. Those fed completely on pasteurized milk, did not grow well and developed joint stiffness.

Pasteurization retards growth

Pasteurization was also found to affect the haematogenic (blood-producing) and growth-promoting properties of milk that determine skeletal development of children. The growth-promoting properties of milk diminish progressively with duration of heating at 100° C. A remarkable set of experiments was conducted in Japan to test the ability of milk, heated at various temperatures. to sustain growth and life in young mice.

Okada & Sano Biochemical Department Government Institute for Infectious Diseases, Tokyo Imperial University, studied groups fed on raw milk and milk heated for 30 minutes at 60, 80, 100, 120, and 140 degrees centigrade. Ten mice were used for each experiment and the average values showed that the weight of mice fed on milk heated at 60 degree was 20 per cent less than those fed on raw milk. After a seven-week period of feeding milk heated at 80 degrees for 30 minutes showed a gain in weight at first, and then loss followed by death in three weeks.

Milk heated at 80° C caused death in three weeks.
Milk heated at 100°C caused death in two weeks.
Milk heated at 120°C caused death in one week.
Milk heated at 140°C caused death in three to five days.

Growth was greatly retarded in rats fed on milk heated at higher temperatures. (Ref- Dr Edward Hovell MD Chicago, *Food and Enzymes for Health and Longevity*, p.87).

Pasteurized milk – no resistance to disease

It gives no resistance to respiratory infection, asthma, bronchitis, and common colds. Live food creates strong resistance, while dead food offers no resistance. Children fed on pasteurized milk have absolutely no resistance to infectious diseases.

Curds: Curds made from pasteurized milk are much harder to digest than the soft curds made from raw milk.

The effects of boiling milk

Bircher-Benner say that according to Dr Gerber, heat changes the following constituents of milk.

1. Fat – its power of cream formation changes
2. Lecithin – destroyed through splitting of phosphoric acid
3. Casein – changes its reaction to acid and to rennet
4. Lactose – become caramelised
5. Citric acid – is destroyed
6. Soluble calcium salt – transformed to an insoluble state.

7. Carbonic acid – is destroyed
8. Enzymes and vitamins are also destroyed
9. The bactericidal power of milk is destroyed
10. The anti-infective factor are almost destroyed

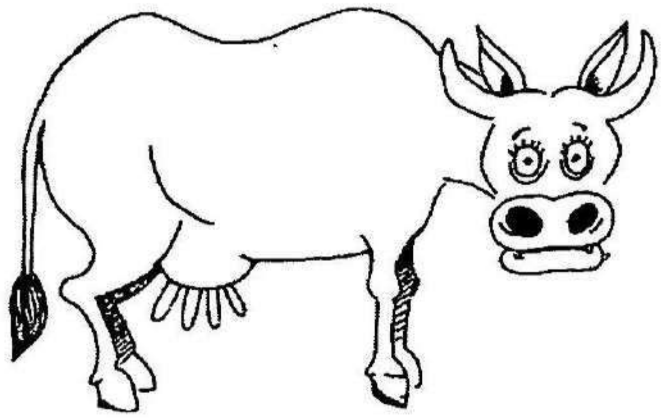
Spoiling milk protein

Protein is denatured. In the process, its digestibility is reduced by four per cent and biological value reduced by 17 per cent.

The albumin and globulin (two proteins in milk) undergo coagulation, while the production of hydrogen sulphide and ammonia on heating milk, causes decomposition of milk protein. Pasteurization de-aminises certain amino acids of the milk so that they are no longer useful. It is worth repeating again that the more the protein is heated, the more the change in its colloid form. Hydrophilic colloids are converted into hydrophobic colloids. The heating alters the proteins, which then easily putrefy in the intestines, and give rise to diseases during childhood and later years.

Dr Pottenger's work represents a brave step in the right direction. Theories have gathered dust in the medical archives, but there are few unorthodox practitioners (of which I am proud to be one) who do not mind espousing an unpopular cause. Dr Pottenger's work covers such a vast canvas that it can only be touched on here. Those interested in in-depth studies must go through his scientific papers. Four of his observations stand out as milestones along the way to truth:

1. Cats on a raw-protein diet remain healthy, while cats on cooked protein develop disease and die early.



2. A cat once injured by a heated-protein diet can never regain sound health, no matter how carefully placed on a raw protein diet.
3. The liver impairment on the cooked protein diet is progressive, the bile becoming eventually so toxic in the stools that even noxious weeds refuse to grow in soil that has been fertilized by the cat's excretions.
4. The first generation of kittens from such cats are markedly abnormal, the kittens of the second generation are often born dead or diseased, there is no third generation as the mothers become sterile.

The cooked proteins used in Dr Pottenger's experiments included pasteurized milk that was Vitamin-D-irradiated and boiled, buttermilk, cheese and ice-cream, also canned and dried milk, cooked eggs, fried, boiled or roasted meats, salted and heat-dried meats. Dr Pottenger's experiments were verified by other scientists. The results are so convincing that there is little room for doubt of their accuracy.

Pasteurization and tuberculosis

The physician's assertion that raw milk causes tuberculosis may be true, but it is equally true that pasteurized milk does not prevent disease, as advocated by them. Children fed on pasteurized milk have no resistance to tuberculosis. Infants fed on pasteurized milk do not thrive well, and babies so fed are constipated. Pasteurized milk has been observed to be a potent cause of infantile diarrhoea.

Pasteurization and tooth decay

Pasteurized milk is frequently quoted as essential for good teeth. A study on rats, whose tooth decay process is biologically identical to human teeth, indicates otherwise. The rats were separated into three groups. The first group got a standard rat chow made by Purina. They averaged less than one cavity for their entire lifetime. The second group was fed a very heavy refined sugar diet. They averaged five and a half cavities per rat. The third group was fed on pasteurized milk and they had nine and a half cavities each, almost twice than that of the sugar-fed group. In the British medical journal, *Lancet*, during 1930s, it was reported that children's teeth were less likely to decay on a diet incorporating raw milk, in comparison to the pasteurized milk. It was also reported that chilblain, a prevalent malady that causes terrible itchy rashes in children, was practically eliminated when their milk was not pasteurized (*Fit for Life*, Harvey and Marilyn Diamond, Warner Books USA; p.252)

12

Faulty Combination of Milk with Other Foods

The consumption of fresh raw milk is less detrimental, heated milk is a little more detrimental, and the combination of milk with other food items is highly detrimental to health. The combination of milk with other foods is one of the major causes of common indigestion, leading to toxicity and allergies.

Milk never combines well with any other food. Nature has designed milk to be fed in the pure form, without combining with other foods. Therefore, for the first few months the infant consumes only milk. When the infant is capable of eating solid food, he eats solid food, and drinks milk separately. When he becomes fit to eat solids, he instinctively rejects milk. Therefore, milk was never designed to combine with any food.

Milk is a complete and concentrated food in itself. It requires a full digestive process of its own kind. No other concentrated food like meat, eggs, cereals, nuts, roots, or fruits should be eaten or mixed with it. Dairy products including yogurt are the cause of hindrance to the body. When improperly combined with other foods, they are a catastrophe.

Dr Ivan Patrovich Pavlov (1849–1936)
A famous Russian Physiologist, awarded Nobel Prize in Physiology

The law of digestion and combination

On physiological grounds, Dr Pavlov has shown that each kind of food calls forth a particular activity of the digestive glands. The power of gastric juices varies with quality of food, and special modifications of the activity of the glands are required by different foods. That is, the strongest juice is secreted when most needed. There is a great difference between the digestions of a single food, however complex its composition, and the digestion of a mixture of different foods. Food of a single type, say food of starch protein combination cereals, can be easily digested by the body by adjusting the juice's strength and the time required to digest the food. However, the easy digestion becomes impossible if wrong combination of food (separate starch and protein) is taken. The body can secrete juices for one food at a time, and digest it completely. It has no provision to secrete juices to digest different foods at the same time. Hence, little is digested and most goes waste, and decomposes due to fermentation. Consequently, the best foods eaten in wrong combination turn into poison. The law applies not only to milk alone, but to all other solid concentrated food.

Why milk does not combine well with other foods? The fat content is mainly the culprit. On reaching the stomach, it coagulates to form curds. It tends to gather around the particles of the other food in the stomach, thus insulating them against the gastric juices, preventing their digestion until the milk curds are digested.

Wrong combinations of milk and carbohydrates

- Milk with all cereals and starches, breads and biscuits, potatoes, rice or corn
- Curds with all cereals and starches
- Cheese with pulses, potatoes (e.g. cheese sandwich and pizza, cheese pakora, cheese dosa, cheese bhatura are bad combinations)

The processes of digestion of the two types of food are so different that they do not take place with any degree of efficiency in the same digestive cavity at the same time.

All starches are digested in an alkaline media. However, milk and other proteins are digested in acidic media. When starches mix with salivary enzymes, ptyalin (which is extremely sensitive to acid) passes on to the stomach with any protein or milk. Large quantity of hydrochloric acid is poured out immediately to digest protein. Ptyalin being sensitive to acid, starch digestion comes to an almost abrupt end. Starches are forced to remain in the stomach until the protein digestion is completed. By the time it reaches the small intestine without salivary digestion, it is already fermented due to the long retention in stomach. Great amounts of undigested starches are found in stool, which can be proved through laboratory tests. The proof lies in the pudding – eat it and it is proved.

Proteins are also undigested

It is true that the consumption of starch and proteins at the same meal will retard protein digestion considerably. It is not only the starch that remains undigested, but also the protein that remains completely undigested, and the undigested protein bulk can be found in stools. The acid and alkaline both contrast and neutralise each other, inhibiting the digestive process of starch and protein. Those who possess strong digestive systems, have overworked digestive glands that further try to produce enzymes so that the remaining protein can be digested fully. People with weaker digestive systems suffer heavily.

Don't eat protein and starch during the same meal

If you cannot avoid doing it, make sure not to mix them together. Eat protein first and after 20-30 minutes follow it up with the starchy food, so that starch digestion is taken care of. However, it is not an ideal combination, and does not ensure perfect and complete digestion. The body must be given full rein and opportunity to digest and take care of a single concentrated food completely.

Milk does not combine with other proteins

- Milk products with any flesh food (meat)

- Milk products with eggs
- Milk products with pulses, beans, etc.
- Milk products with nuts

Kadi, dahi vada, cheese omelette, milk, and nut kheer are wrong combinations.

Two proteins of different characters and different compositions, and associated with other and different food factors, call for different modifications of the digestive secretions, and different timings of secretions, in order to digest them efficiently.

For example – the strongest digestive juices are secreted on milk in the last hours of digestion, on flesh foods during the first hour. Is there no significance in the timing of the secretion thus seen? In our eating practices, we ignore such facts. Our physiologists have not attached any importance to such matters. Eggs receive the strongest secretion at a different time than that received by either flesh or milk.

It is impossible to meet the requirement of two different proteins at the same meal. Two kinds of flesh or nuts or pulses may be taken together, but not with a different protein group.

What happens to protein during digestion? When any one kind of protein is eaten, the liver automatically prepares itself to digest it. The function is under control of the sympathetic nervous system and emanates from the solar plexus, a network of nerves situated at the upper end of the abdomen. The liver sets up a chemical table, let us say for Protein A. However, at the same meal, perhaps, Protein B is eaten. As a simple example, Protein A is meat and Protein B is cheese. The chemical table for Protein A is not the same as that of Protein B. The liver, however, is incapable of handling the digestion of both proteins at the same time. Therefore, the solar plexus, or abdominal brain, gets busy and chooses one of three defense mechanisms to save the liver from embarrassment:

1. The meal may be vomited. There is a strong reflex in children, and explains why a kid is so likely to throw up after a picnic of

cheese burgers, ice-cream, cake, coke, and candy.

2. The muscular control of the stomach may allow one protein to pass into the small intestine while it retards the second. The amazing phenomenon has actually been shown to exist, and has been proved by fractional lavage and by X-ray evidence.
3. An increased peristalsis may result, evidenced by diarrhoea.

I would like to call attention to the still, small voice of the solar plexus – a part of the body to which most people pay no attention. When one eats too much food or an incompatible combination of foods, Nature flashes a distress signal in the form of a belch. Most people consider a belch a digestive faux pas, but in reality, it is the equivalent of the infant 'spitting up',Learn to heed the little warnings of Nature.

Acids and other waste products of protein indigestion and putrefaction are easily identified in the urine. Scientifically, they belong to the group of phenols, skatols, indoxyl-sulphuric acids, uric acid, and roxic amines. Often, they are eliminated vicariously through the mucous membranes or by diffusion into the spinal fluid.

The Rule

Never combine milk with any protein. Eat only one concentrated protein at a time.

Milk does not combine with fruits and sugar

All forms of sugar – white sugar, syrup, jaggery, sweet fruit, or honey taken with protein (milk) hinders protein digestion. Sugars are not digested in the mouth and stomach. They are digested in the intestine. If taken alone, they are not held in the stomach for long, but are quickly sent into the intestine. When eaten with other food, either protein or starches, they are held up in the stomach, for a prolonged period awaiting the digestion of other foods, and consequently undergo fermentation. Fruits and sugar as a rule ferment with all solid foods and milk. Sugar is an acidic food. The fermentation of the sugar leads to further multiplication of the problems like acidity and indigestion.

Drink milk without the addition of sugar or fruit; milk does not combine with acidic fruits

Drug acids and fruit acids obstruct gastric digestion, either by destroying the pepsin or by inhibiting the secretion. Gastric juices are not secreted in the presence of acid in the mouth and stomach. Acidic fruits, by inhibiting the flow of gastric juices, an unhampered flow of which is imperatively demanded for protein digestion – seriously handicap protein digestion and result in putrefaction.

Lemons, grapes, oranges, pineapples, and tomatoes, are acidic fruits. Nuts and cheese do not decompose as quickly as other protein foods, because the foods contain enough oils and fats to inhibit gastric secretions for a longer time.

Curds and cheese combine well with raw and cooked vegetables. Milk is not a good combination with vegetables, but curds and cheese go well with both raw and cooked vegetables, especially leafy vegetables. The same law applies to all other proteins like nuts, seeds, beans, meat, eggs, and fish.

Curds and cheese do not combine with

- Starches (cereals, wheat, rice, potatoes, or sago)
- Proteins (nuts, legumes, beans, meat, fish and eggs)
- Sugars (fruits, white sugar, syrup and honey)

You may get disappointed by the laws of food combinations:
No more ice-cream or sweets
No more sweets made from milk products
No more dahi vada or kheer
No more paneer pakodas or kadhi

Friends! Nature's law does not understand your emotions, perverted tastes, and habits. The only escape is sparing use, but never during sickness. Occasional use is tolerable if used alone. Nature never intended milk to be combined with any food. It is tasty if used fresh and raw. Fresh curds and cheese have their own taste. Eat them without combinations.

It is not what we do occasionally that matters much, but what we do habitually, which affects us in the long run.

Monodiet is the best diet—ensures perfect digestion

Drink or leave milk alone.

Where is the health of vegetarians?

The ultimate purpose of vegetarianism is perfect health, harmony, and peace, not diseases and degeneration. In fact, 99 per cent of all vegetarian population in the world is sick from one or the other disease, deformities, defects, or degeneration.

13

Skimmed Milk: An Unfit Food

Man could not find the real culprit hidden behind the killer diseases for a very long time. The recent studies on saturated animal fat (like ghee, cream, and butter) and its hazardous effects on human beings have shocked lovers of milk products.

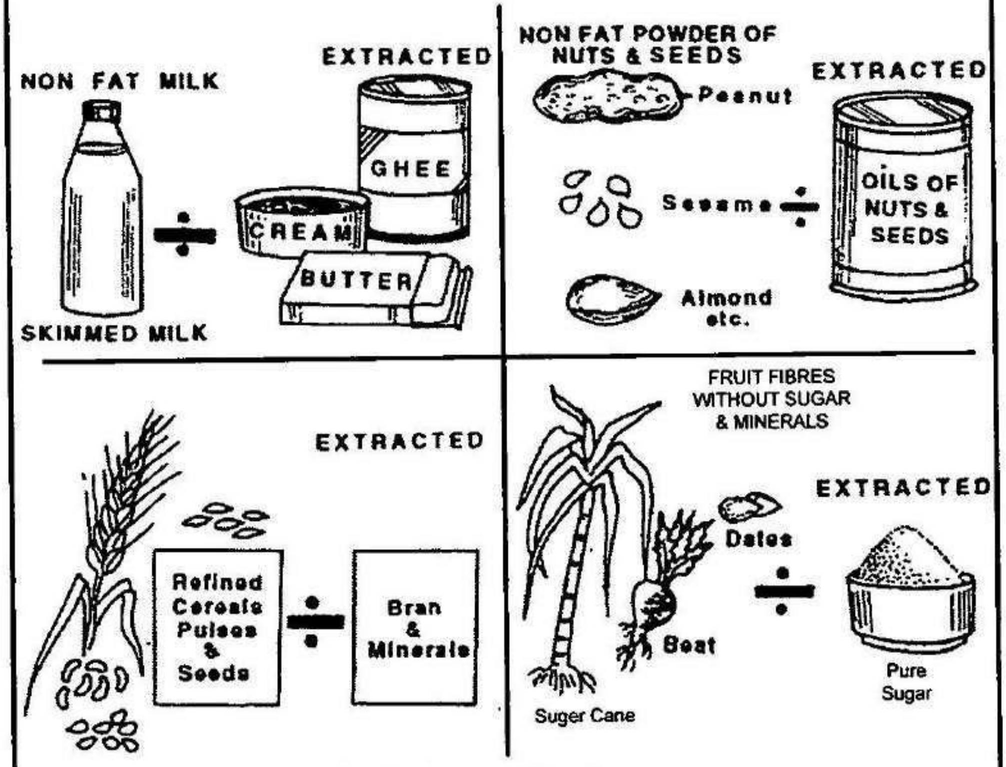
Skimmed milk (milk with fat extracted) proved to be a solution, and use of milk continued.

Wholeness is Nature's law – not fragmentation. Fragmented food means fragmented health and life. My investigations do not grade skimmed milk as a better food than white bread, white sugar, or oil-extracted nuts and seeds. No fragmented food is suitable as food for living being. It does not contain all the properties required for normal development of the animal body, and therefore should not be used as food for human being or animals.

Any food that has been broken, separated, cleaned, or otherwise degenerated from its original creation, as Nature intended, can never be a superior food. Skimmed milk is denatured, and it is not wholesome, creating imbalance. If such a fragmented food is used regularly by a living being, it will create an overburden of some nutrients, and a deficiency or total lack of others.

There is not a single instance where a fragmented food has been proven more valuable than the whole food. If the statement is true then why fragmentize? The extraction of fat from milk is a clear-cut proof that milk is not a fit food for human beings. However, through various processes we are forcibly imposing it on human beings.

Fragmented foods are dangerous


NON FAT MILK
EXTRACTED
GHEE
CREAM
BUTTER
SKIMMED MILK
NON FAT POWDER OF NUTS & SEEDS
Peanut
EXTRACTED
Sesame
OILS OF NUTS & SEEDS
Almond etc.
EXTRACTED
Refined Cereals Pulses & Seeds
Bran & Minerals
FRUIT FIBRES WITHOUT SUGAR & MINERALS
EXTRACTED
Dates
Beet
Suger Cane
Pure Sugar

Imbalanced food creates severe imbalances

According to system theory, a system is disturbed by the addition or subtraction of a single element. There is always a good reason for the natural proportion of elements within a food system. Butterfat may help in the assimilation of calcium, even in the face of apparent calcium excess in cow's milk.

Scientist Oster pointed out that butterfat contains protein-splitting enzymes. By removing that fat, we make digestion of milk protein more difficult. In addition, removing fat from milk, results in a 20 per cent relative increase of protein, which makes the kidneys work harder.

The presence of butterfat is apparently helpful and promotes absorption of calcium. It is probably better that non-fat skimmed milk be avoided for children. Children fed on skimmed milk develop diaper rash, which is often the result of excess ammonia in the urine. The ammonia is a byproduct of incomplete protein metabolism.

Are fat-extracted nuts good?

Nuts are a superior food to milk. When we remove the fat content, the residual nut powder is usually treated as unusable food, and is fed to animals and cattle. If just the lack of fat content renders it an inferior food, then why is non-fat skimmed milk considered superior or safe food, by so-called medical scientists?

When non-fat nuts or non-fat milk are unfit for animals, how can they be considered as food fit for human beings? Non-fat nuts and seed powder are also as hazardous as skimmed milk, due to malabsorption and non-utilisation of protein and calcium. If you have to use milk, use whole milk, and desist from tampering with Nature's balance.

14

Cheese is an Unwholesome Food

Cheese is a highly concentrated food among milk products, being used indiscriminately in human diet, without considering its high concentration.

It is a demineralized, devitalized, fragmented, and unwholesome food. Cheese, categorized as a processed food, is highly acidic, as compared to fresh milk, which is alkaline. Due to its high concentration, one must be careful in using it. 1000 ml of milk produces approximately 300 grams of cheese. If you are consuming 150–200 grams, of cheese, beware – you are consuming, in fact, 600 to 800 ml of milk.

Cheese is not good for the obese or for those with heart problems. Water content in the alkaline reserve of milk, is thrown away during cheese-making processes. It is as much of a health hazard robbed of its vital valuable minerals, as white bread, or white sugar. It is a highly constipating food, and encourages intestinal sluggishness (due to lack of fibre).

The best and easiest way to eat cheese is with vegetables – no other solid proteins, starch, or sweet fruit should be eaten with it. Avoid using processed cheese and butter as far as possible as they are worse than pasteurised milk. Instead, you can use homemade fresh and soft cottage cheese. Cheese plays a major role in heart diseases, obesity, and cancer.

15

Are Curds Good for You?

Curds are the only digestible form of food among milk products. It is as complete as whole milk, but is not a health food. It has less of good and more of bad qualities.

During the souring process, lactose is broken down to lactic acid. Sour products are more easily tolerated by those who do not tolerate milk sugar well. However, the digestibility of milk sugar is of very little value. We may be able to prevent the immediate problems of lactose intolerance. However, in the long run, we cannot escape its bad effects as described.

Good qualities: Digestible, appetizing, delicious, and soothing food

Bad qualities : Despite all the good aspects, curds differs from milk only in its digestibility, but human beings cannot escape all the harmful effects described in the book

Curds form more mucus than milk. It clogs the intestine, blood vessels, interrupting blood circulation, and absorption. Curds encourage rheumatic pains, arthritis, constipation, cold, cough, catarrh, and other respiratory disorders. Curds are a good lethargy food. If used more than 150–200 ml per day, it creates dull-headedness, drowsiness, and lethargy. The most detrimental effects of curds are due to wrong combinations with other foods.

Wrong combinations

- Curds with rice, wheat, and other cereals
- Curds with pulses
- Curds with fruits and sugars
- Curds like cheese, go well with vegetables only. Use curds and cheese as a major concentrated meal with vegetables, in the ratio of 30 per cent curds/cheese and 70 per cent vegetables.

Curds are not health foods

As described in the previous chapter, it is well established that dairy products are neither human food, nor designed for human beings. It is an unwanted abnormal food for human digestion. During childhood, it creates chemical imbalance and malfunctioning of the body. The digestibility and acidophilus bacteria are not the criteria of health food, or perfect food for human consumption. Fruits, nuts, vegetables, fresh air, and sunshine can be called health foods, because they are designed for human beings and are fit for the body. They create health only if used judiciously. How can curds be a health food, if it creates disease in definite terms? It has a definite abnormal effect on the human system. The calf itself cannot survive on the food. It lacks all the nutrition needed for development and growth of the animal. When it is not a health food for the calf, how can it be a health food for human beings?

Say no to outside acidophilus bacteria

No creature on earth requires outside acidophilus bacteria to maintain its intestinal flora. They never suffer any digestive disorders in their whole life. Nature has designed the intestines of every species including human beings in such a unique way that it maintains its own flora, and modifies them according to the needs when the right natural food is ingested. The intestines of no creature depend on outside bacteria.

All living organisms are self-sufficient in maintaining their intestinal flora. Despite wide use of curds by human beings, and acidophilus bacteria, our digestion is not maintained nor does our body really need them. We can remain healthier without them. What is the difference between those who use curds, and those who never use curds? Practically none. Indigestion and overeating are responsible for disturbed intestinal flora. Correct the indigestion and avoid overeating, and the intestinal flora will be re-established spontaneously.

To correct the indigestion and to develop healthy intestinal flora:

1. Eat when you are really hungry, not otherwise
2. Eat simple, single food at a time
3. Eat 75 per cent natural raw food like fruits, salads, vegetable sprouts and 25 per cent cooked food
4. Exercise regularly

Cooked and processed food destroys intestinal flora. Raw natural live food is the only way to develop the best intestinal flora. That is how animals maintain their digestion.

The excessive use of high protein and high starch, and lesser use of raw vegetables and fruits, is the major cause of putrefaction and fermentation, which destroys intestinal flora. Correct it.

Use 25 per cent protein and starch, and 75 per cent fruits and vegetables for the best flora.

Curds—no relation with longevity

Longevity is the ultimate product of good health, which comes with living in accordance with the laws of Nature. Longevity cannot be attributed to any single food or cause. It is a cumulative effect of a variety of factors.

Health has nothing to do with curds. Good health is a product of wholesome food, fresh air, sunshine, hard labour, recreation, and mental peace.

Don't believe scientists blindly

Not all researchers can penetrate deep into the laws of Nature. Very few are gifted with natural intuition and deep insight, to look into the depth of Nature and unravel its mysteries. Many claims are made about longevity and the factors responsible for it. Do not believe them blindly as most of them are partial truths or utter falsehoods Any scientist who studies Nature and its creation in parts should never be believed. Believe only those who study Nature in totality. Curds do not have a single element that contributes to longevity. On the contrary, excessive use of curds can lead to early death.

A comparison

Both rural and urban people consume curds regularly. Rural folk live in open air, work hard, eat wholesome simple food, lead a stress-free life but urbanites are just the opposite. Rural people live longer and are healthier than urbanites. The reason lies not in curds or milk consumption, but because of fresh air, hard labour, and stress-free life.

Food is not a major reason for longevity

The first requisite for longevity is fresh air, second is good physical labour, third is healthy soil, fourth is wholesome food, and fifth is stress-free life. Longevity is more dependent on simple natural food rather than any specific food. Fresh air, hard physical labour, pure water, organic food, and moderation, contribute to longevity.

Other factors that account for longevity are open expression of inner emotions, lack of competition, no ego complexes, concentrated work, and recreational activities. Longevity is primarily associated with a moderate and natural life-style.

The safe use of curds

- Use only fresh fermented curds made out of fresh raw milk.
- Never use over fermented curds. It is harmful.
- Never use curds made out of pasteurized milk, because you will get a vile smell and putrid dregs in return for your efforts.
- Curds made out of boiled, or heated milk is of less value,

because the loss of original enzymes, and dead corpuscles of bacteria in it, attracts putrefactive and decomposing bacteria, rather than any useful bacteria. It spoils earlier.

- Always use curds with its cream intact, to maintain its wholesomeness and digestibility.

Use curds moderately

Curd is delicious; everybody loves it. However, use it in moderate quantities and make sure it is fresh. Do not store indefinitely. Limit its use to 200 to 250 ml at a time with proper combination of other foods.

Thin buttermilk is good

Thin buttermilk is an excellent drink without any harmful effects. It is completely safe and can be used regularly with meals or by itself. So far, no scientific evidence is available about its harmful effects. Thin buttermilk means a mixture of 50 ml of curds diluted with 200 ml of water. It does not refer to popular 'lassi' which is a concentration of whisked curds and very little water.

16

Ice-Cream or Cold Poison?

Ice-creams—The chilling truth

Ice-cream, a universally loved dessert, actually poses the greatest health hazard among all milk products. Not a single virtue can be attributed to it except a satisfaction to the palate, at the cost of degeneration of your health.

However if you must eat ice-cream, be sure that you eat real ice-cream, instead of what passes off as ice-cream in many shops. Most ice-creams in the market today are nothing more than an abominable mixture of poisons and filth that belongs in a trash heap, not good for your body. Instead of using cream from milk, scraps from slaughterhouses are purchased and the fat extracted out of them is used. *Nature's Path* magazine has an article listing the dangerous ingredients, which are combined together in commercially made ice-creams.

Ice-cream manufacturers are not required by law to list the additives used in the manufacture of their product. Consequently today most ice-creams are synthetic from start to finish. Analysis have shown the following:

Diethyl glycol: A cheap chemical is used as an emulsifier instead of eggs. Diethyl glycol is the same chemical used in anti-freeze and paint removers.

Aldehyde-C17: used to flavour cherry ice-cream, is an inflammable liquid, which is also used in aniline dyes, plastic, and rubber.

Piperoral: A chemical used to kill lice, it is used in place of vanilla.

Ethyl acetate is used to give ice-cream a pineapple flavour. It is also used as a cleaner for leather and textiles, and its vapours have been known to cause chronic lung, liver, and heart damage.

Butyraldehyde is used in nut-flavoured ice-cream. It is one of the ingredients of rubber cement.

Amyl Acetate is used for its banana flavour. It is also used as an oil paint solvent.

Benzyl Acetate is used for strawberry flavour. It is a nitrate solvent for nitrate salts.

The next time you are tempted by an attractive looking banana split sundae, think of it as a mixture of anti-freeze, oil paint, and nitrate solvent and lice killer, and you will not find it so appetizing!

Wait before you are tempted by the taste of a crunchy almond or snowy vanilla ice-cream. Synthetic substances are used to flavour the creamy stuff. Germicides, insecticides, solvents, and carcinogenic synthetic flavours, are some of the most common ingredients found in commercial ice-cream. Additives in ice-cream include neutralizers, stabilizers, emulsifiers, buffers, anti-oxidants, surfactants, bactericides, synthetic colours, and artificial flavours.

Flavours cause cancer

The fact is that surfactants, which reduce the surface tension, and are wetting agents, are chemicals similar to detergents. Most emulsifiers are polyoxyethylene based and have caused cancer in experimental animals. Most germicides, antifreeze agents and paint removers contain propylene glycol alginate, so does ice-cream. Then why are such products used? Animals given even minute quantities of propylene glycol alginate developed diarrhoea and some of them even died.

Is ice-cream your favourite dessert?

Listen to scientific opinion concerning the bland concoction.

One of the common sources of the diffusible toxin, ice-cream is a highly putrefactive protein mixture, whether it be the best home-made or the commercial type, rich in emulsifiers. Americans consume more ice-cream than any other nation. Dr Axel Emil Gibson, a pioneer in the study of protein putrefaction, made some interesting observations, concerning the country's favourite dessert in *Diet: What it is and what it isn't.*

He says, 'The freezing process, however, gives to the cream its last and finishing touch of physiological corruption. Quality fermenting substances like milk, cream, and fruit, break down structurally at the first touch of frost. In addition, as the arrest of bacterial activities caused by the frost is only temporary, while the molecular derangement of the frozen substance remains a permanent menace, it follows that a renewal and increase of the destructive work of the invading microbes immediately takes place, when the ice-cream reaches its melting point in the stomach. Hence, the system is rendered helpless in being able to offer physiological resistance to the microbial attack. The melting glaciers of the past, which in releasing from their frigid storages, the long preserved tissues of animal life, surrender them to elemental dissolution and decay. So the ice cream, melting in the body of the individual, sets free the carcasses of the ice-cream and milk cells, to lay them open to the relentless attacks of swarming and festering bacteria. However, the evidence of the ghostly carnival of putrefaction escapes the taste, by being made unrecognisable by the great deceiver – sugar. For in the physiological interment of the ice-cream, the ice holds the function of the embalmer, and the sugar, the embalming fluid'.

Other putrefiable products can cause the same kind of toxaemia, but during the summer months, children eat large amounts of ice-cream. Is there any relationship between high consumption of ice-cream, and polio epidemics? Is it just a coincidence that during the peak ice-cream season in the US, July and August, the polio epidemic strikes most? Some medical experts think so. Therefore, should not parents prohibit their wards from consuming ice-cream at that time?

It is advisable to do so, because the diffusible putrefactive acids from ice-cream indigestion, when not eliminated by the liver and kidneys, emerge vicariously through the mucous membranes of the nose and sinuses. These symptoms often suggest a summer cold. The polio virus feeds upon the excretion, and in the vast majority of children, causes an inflammation characterised by mild fever, malaise, and perhaps slight stiffness of the neck. In a few days, most children recover. If the child is extremely toxic, with subnormal adrenal glands, the virus invades the mucous membranes of the sinuses. As the membranes of the brain are in close approximation, it is a simple matter for the polio virus to spread to the brain, and then to the spinal cord, where the lesion appears, resulting in motor paralysis. Only the most toxic children are paralysed – about three per cent of those infected with the virus. The rarity of polio is due to the small percentage of the susceptible. Such individuals usually have weak adrenal glands, and a concomitant low resistance to disease. They have been heavy ice-cream eaters, as well as victims of other dietary mistakes.

Many scientists have suspected dietary errors, as the cause of polio. Dr Benjamin F. Sandler tried an experiment in Asheville, North Carolina. During one summer, the children had no sweets at all. In previous years, a large number of polio cases had occurred during the summer season. However, during the summer of Dr Sandler's experiment, significantly enough, there were 90 per cent fewer cases. Naturally, avoiding all sweets included avoiding ice-cream. However, if other kinds of sweet food were as dangerous, epidemics of polio would follow Christmas and Easter. As we know, it is not what happens. Inevitably, the finger of suspicion points strongly towards the villain – ice-cream.

To remove a favourite like ice-cream from the diet may be considered by some as too much of austerity. Dairy products, in general, are linked to human beings as what has been aptly called the 'memory of the cells.'

If adults and children want to eat ice-cream, they should instead opt for a mixture of fresh whipped cream, sugar, and crushed fruit. Mothers find it simple to prepare as it is merely chilled in the refrigerator, not frozen. One further warning, it should never be eaten with meals or as a dessert, but either as a meal or as a between-meals snack, since the combination is overtaxing to the liver, especially when mixed with other animal protein or vegetable foods.

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Raw Fresh Milk is Less Harmful

Human beings suffer less when fed with fresh raw milk, rather than heated milk, or milk with added preservatives. Most of the harmful effects of milk are solely due to its heating for the purpose of destroying bacteria. However, it destroys bacteria only partially and it also destroys its lively enzymes (the most health-sustaining factor), and vitamins. It also alters compositions of minerals, proteins, fats and carbohydrates (lactose sugar), making it less usable and digestible. Therefore, the harmful effects are more pronounced with heated milk rather than raw milk.

Unfortunately, man's various attempts to preserve milk have all resulted in altering or breaking down the complex molecule and reducing its value as a food. Far from the original formula are such deteriorations as buttermilk, dried milk powder, cheese, and concentrated, pasteurized, or homogenized milk. When the chief protein of the diet is composed of degenerated milk or milk products, the result is a maldeveloped mammal.

Our children are immune and safe on fresh raw mother's milk. Heating of mother's milk can bring the same degenerative effect and premature deaths as mentioned in above experiments. Man has thankfully not made it a practice. Here again a question arises

– why we don't heat mother's milk? In fact, our common sense does not allow such a foolish practice, as we know that by heating mother's milk, it will lose its natural flavour, and become a less healthy liquid. Then what happens to our intellectual and scientific approach, when we take out milk and heat it?

Milk is one of the most unstable and thermo-labile natural foods. Even refrigeration for 24 hours, will rob it of some of its vitamin content, and its organic structure. Pasteurisation disintegrates it still more, while boiling reduces it to a useless, putrefiable mess that is tolerated by the liver with great difficulty. We can almost hear that long-suffering gland cry, 'Oh no,' when confronted with a shower of hot milk.

Raw fresh milk is less harmful than heated milk because:

- It is a live food with all the enzymes and balanced natural composition left undisturbed.
- Its alkalinity is preserved.
- Calcium, protein, and fats do not coagulate, and remain fully absorbable and digestible. Therefore:
- Less calcification and stone formation
- Less cholesterol deposits
- Less protein putrefaction
- Less time for digestion

Raw milk fat is not harmful

Raw fats in milk are in a state of emulsion that is readymade, prepared, or pre-digested, as it were for circulation through the lymphatic system. From our system's viewpoint, we can assume that extracted fat whether animal or vegetable, has more potential for causing trouble than the fat naturally present. It occurs along with other balancing nutrients such as protein.

Fats, like sugars, are best taken as Nature prepares them, which is in the food in which they are found. Fats, when extracted from their sources, concentrated, purified, and preserved, form poor food. Heating and pasteurization makes it even worse for human consumption. Overheating fats, changes them through the process of polymerization, altering the fat molecule. It forms new compounds and free radicals, which are less usable, handled by the body with difficulty, eventually proving harmful.

Raw milk when consumed with its raw cream is not harmful as expected. It is Nature's well-balanced food. It is the extraction of the fat (cream) from the milk for other uses, and the disintegration of fat when it is heated, that accounts for milk-related diseases. The fat without milk and milk without fat (skimmed milk) are broken and unbalanced food; their harmful effects are inevitable.

Emulsified (soluble) fat is never harmful

Raw fat integrated with raw milk is in soluble (unsaturated) state. It does not stick to your hand, mouth, and internal organs, as heated butter and ghee do. Raw fat is readily absorbed and utilized by the body with milk without any deposition. The excessive use of raw milk may break down the digestive process and affect digestive organs. However, it will never be deposited in the body in any form except normal adipose tissues. Therefore, heated milk adds additional weight, encouraging obesity, whereas raw milk reduces the weight, and keeps one fit with its unheated cream.

Here soluble fat means – a fat that dissolves or is soluble in water, as the fresh whole raw milk with its cream dissolves – a state of emulsion. Heat turns milk fat into (saturated) insoluble form (such as malai, butter and ghee). Ghee is the hardest form of insoluble saturated fat (being exposed longer to heat), which does not dissolve in water and is deposited in the blood vessels and body as a foreign element. Fried fats are the toughest fats among all. It is an irritating toxic substance – a known carcinogen.

Digestible fat of raw nuts

The soluble fat of all the soaked fresh nuts like coconut, almonds, and peanuts, and seeds (sesame, sunflower, melons) also come under the same category. Its soluble, combined fat is never harmful, and never deposited as cholesterol, but is most easy to digest and could be fully utilized. In contrast to it, when fat is extracted from nuts and seeds, its harmful effects start, and when it is exposed to heat, it proves as harmful as heated animal fat. Roasted nuts are as dangerous as heated milk. The harder the fat, greater is the danger. All fat of nuts turn insoluble, when nuts are heated or roasted, and becomes a challenge even for somebody with a strong digestion. Only soaked or fresh nuts are healthy.

If desired, use

- Whole, fresh raw milk with its cream
- Drink milk immediately after milking without exposing to air for more than 20 to 30 minutes
- Raw milk can be preserved immediately after milking, for one or two hours in refrigerator or thermos flask - no deep freezing (It destroys enzymes)

Milk means–fresh and raw–to be drunk immediately. If you cannot drink it immediately – forget it

Do not forget its harmful effects

Raw milk does not ensure a perfect food for human consumption. All the excess ingredients – unwanted hormones, chemicals, and high casein – play their own roles, overburdening the internal organs, and altering blood composition. We cannot escape its harmful effects from infancy to old age. All said and done, it is a drink which creates abnormalities.

Milk is a good emergency survival food. Not a regular or health-building food.

18

Safe Use of Milk Products

For milk addicts

Use fresh raw milk of animals that labour for their food, eat mostly greens, and are exposed to fresh air and sunshine, and milked hygienically.

How much is safe?

One cup of milk or curds (100 ml to 200 ml) can be consumed without much harm. A small quantity of milk is far better than eating junk food. Anything above 200 ml of milk has all the possibilities of producing disease symptoms.

Occasional use is fine but not regular or excessive use

Fresh cottage cheese (paneer) being a concentrated food, should not exceed more than 100 grams.

Safety limits for fats

Cream and butter (made out of raw milk), are better than butter and malai (the layer of fat) of heated milk. Ghee, a product of cream or butter heated for long hours, is the hardest among all the fats, overstraining liver and digestive organs roughly six times more than vegetable oil. It is a challenge to our digestive system. It demands hard physical labour for its appropriate digestion. Sedentary people should avoid it.

The safe use of cream is	Four tablespoons per day
Butter made from raw cream	Two tablespoons per day

Butter of heated milk (curds)	Two tablespoons per day
Ghee	One tablespoon per day

Pasteurized, heated, milk and animal fats are dangerous.

Safe heating

Heating of milk is not good. If needed, boil only once. Boiling milk repeatedly for the purpose of drinking and preventing it from spoiling, damages its value extensively, rendering it hard to digest. Heat to the temperature required.

No combos

Drink only milk without adding anything to it. Use curds, and fresh cottage cheese with raw and cooked vegetables only, never with any other food.

Emergency food

Milk and curds are good emergency food. They are ideal during travel, instead of eating street food or unhygienic food from hotels.

Milk needs no added cereals, meat, and nuts

In case, you decide or are forced to live on milk products, eliminate all the other solid proteins and starch like meat, eggs, nuts, pulses, and cereals from your diet. These are unnecessary in presence of milk. However, be sure to add fruits and vegetables, for a correct balance. Milk with fruits and vegetables makes for balanced food.

Choose any one complete food	**[Rating]**
• Nuts + Fruits + Vegetables	[excellent]
• Cereals + Sprouts + Fruits + Vegetables	[good]
• Dairy Products + Fruits + Vegetables	[fair]
• Animal Products + Fruits + Vegetables	[fair]

Use any one combination - not all together

Chew or suck your milk

All milk-consuming creatures are and should be suckling, says Dr Page. Milk should never be drunk like water. Nature teaches us how milk should be consumed. As long as your child is to have milk upto five or six years, give it from a bottle or nipple. It will ensure thorough salivation and prevent the child from gulping it down.

Bacterial development in milk

When milk is exposed to air, it becomes a perfect medium for bacteria or germs to flourish. Fortunately, most bacteria are harmless and some are helpful to man. Nevertheless, others such as tuberculosis, and fever germs, are harmful and can cause death. Milk becomes contaminated with bacteria, when exposed to air. Milk, intended for babies by Nature, is never exposed to air. The infant takes milk directly from the mother into the mouth and swallows it.

Bacteria development in milk

Immediately after milking	900 per c.c.
After one hour	31,750 per c.c.
After nine hours	120,000 per c.c.
After 24 hours	56,00,000 per c.c.

19

Unnatural Milk Production

It is completely unnatural for cows to yield large quantities of milk by selective breeding and forced feeding. They are induced to give large quantities of milk far beyond the normal nursing period for calves. Indeed many of the cows never go dry, and simultaneously give birth to calves, while producing milk year after year without a pause.

It constitutes a drain on the cows, which makes it impossible for them to be healthy. They become prone to tuberculosis, and their lifespan is shortened. Though tuberculosis is common among dairy cattle, it is extremely rare among the range cattle of the plains.

In addition to the evils of excessive milk production, there is the wrong practice of over feeding the cattle, that too with a high protein diet. It may make a cow ill, and greatly impair her milk yield. The excessive amount of protein in the mother's diet renders the milk unfit for her baby. Similarly excess of protein in the diet of cows, whose milk has higher protein content than mother's milk, would certainly leave more fat in the milk, making it improper for consumption and dangerous to health. Our dairy herds have been so bred and fed that their milk contains a great excess of fat.

Farmers and dairymen, like coalmine and cotton mill owners, are too profit-motivated to look into the quality of the milk. For them more milk and butter means more money. They produce only the kind of milk that is produced in higher quantity, and brings in more money for them, regardless of its detrimental effects upon the users.

People argue that if excessive cow's milk were not extracted then the milk would go waste. The calf does not require so much milk, and if the calf uses more milk than required, it may suffer. So, why not extract the excess milk for human use, is the reasoning.

There are 4,300 species of mammals on the earth, and all the species have been provided with abundant milk for their infants (newborns). The more they suck, the more milk glands get stimulated, and produce more milk. Nature has gifted women with abundant supply of milk, which is more than a child needs. Many tribes can feed ten children at a time. A few instances in the African tribes reveal that lactation period continues upto 10 to 12 years, much beyond the usually believed period of two to three years.

In Indian villages, children suck mother's milk upto the age of five, and still in the villages, a wet mother can feed two to three children at a time. The custom of wet nurse is common among the tribes and villages.

We need wet nurses, not wet cows

Does it mean that mother's milk should be extracted, as it is abundant? Cows have abundant milk for their young ones. Does it mean that it should be extracted? If so, what about the other 4,300 species of mammals?

Why are lions not being milked? Maybe because they are more powerful than human beings are. Cows and other animals are timid, and therefore human beings overpower and abuse them, as they like.

Nature never designed milk to be industrialised

Can you imagine a human milk industry? Sounds outrageous, isn't it? Milk was never designed to be consumed like a soft drink from the market. If any mammal has excess of milk, just forget about it.

However, why is man bothered about it? The more you squeeze the udders the more the milk glands will be stimulated, and more milk will be secreted. Stop milking the cow and other mammals, and milk will be limited again to the need of its calf.

Naturally fed wild mammals, have less amount of milk, but it is of superior quality. The unnaturally fed animals have great quantity of milk, but it is of inferior quality. The artificially induced milk is just a white liquid of low quality, just like the hybrid food grown artificially through chemical fertilizers. These hybrid foods have little nutritional value, which do not sustain generations.

If you wish, drink the milk of a cow which lives naturally. Otherwise, all our arguments are to further only commercial and selfish motives, than the benefits for humanity.

It is worth quoting here an excerpt from an article by former Union Minister for Environment Smt. Maneka Gandhi, which appeared in *The Times of India*.

Urea in milk

'When I was a minister, we discovered that large amounts of urea from the fertiliser shops were bought by milkmen. When we followed up the curious information, we discovered that milkmen, who send their milk by truck, add it to milk so that it will not curdle by the movement of the truck. That means every day you feed your child with a certain amount of urea as well as other toxic substances'.

Maneka Gandhi, *Courtesy The Times of India*

Torturing cattle for extra milk

By Maneka Gandhi

Oxytocin is an injection used for women experiencing difficult and prolonged labour pains. The effect of the powerful drug is to increase contractions of the uterus, and expedite childbirth. If not used correctly, it results in rupture of the uterus. It is also used for stimulating the mammary glands, when there is an accumulation of milk in the breast, which due to disease or illness, does not come out.A cow or buffalo will not give milk if it is stressed or badly treated, which is the plight of most dairy cows in India. The drug is used twice a day, therefore, by milkmen, who inject it into the cow in the mistaken notion that it produces extra milk. What it actually does is to make the milk flow faster, because it causes the cow's uterus to contract.

Do you know how terrible labour pains are? Fortunately, a woman forgets it in the relief of delivering her baby. However, think of millions of cows with the same uterine contractions and agonising pains twice a day. I have documentary evidence in the form of a film taken of milkmen injecting oxytocin into their animals. When they approached a buffalo, the passive animal seeing the syringe, started bucking and rearing so wildly that the untrained milkman stuck the huge needle at random into the body.

By artificially creating milk, the secretory functions of the cow are damaged, and its reproductive abilities ruined, causing premature sterility. The injection is the reason why a cow becomes incapable of bearing offspring within a few years, and is sent to the slaughter house ten years before its natural lifespan is over. It is also the reason why there are *so many cows on the road, abandoned by the dairy owners, when they become sterile.*

Oxytocin affects not only the cow, but also filters into the milk and flesh. It is considered particularly harmful for the eyes, especially in children. Beef, all over India, has been found to be extremely toxic with large amounts of the drug. Imagine the effect of extra oxytocin in your body. There is no doubt that the hormone affects the reproductive ability of women and girls. What are some of the features of a hormonal imbalance? Formation of breasts early, early menstruation or erratic periods, hair on the face, impaired eyesight, and hearing.

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Pregnancy and Lactation Need no Animal Milk

Pregnancy and lactation are not diseases, and do not require special diets, care, or treatment. The mother should simply be careful to observe all the rules of health and hygiene, and the rules of right eating and combining her food as given elsewhere in the book. Drinking milk to produce milk is utter foolishness. No species on the earth drinks milk to produce milk for their special needs, and the same law applies to human beings. Drinking milk does not produce milk. It is the food which is converted into milk automatically. The normal functioning of glands, if not impaired by wrong lifestyle, ensures a good flow of milk. If milk ensures better lactation then why don't we feed milk to cows and other animals? A foolish idea undoubtedly.

Pregnancy and lactation are natural processes. Despite our defying natural ways of living, Nature on its part is kind enough to accommodate all our imperfections, and does an admirable job of adjustments and adaptations.

The need of calcium

While it is true that milk contains a high percentage of calcium, the other elements, which constitute milk, are so much out of balance in relation to the needs of the human body that they virtually destroy the benefits, which might otherwise accrue from the calcium. If the milk is pasteurized, that would be a sufficient reason to avoid milk altogether, since it is the primary cause of loss of teeth and acidosis.

We have more than sufficient calcium in foods from the vegetable kingdom. All mammals directly or indirectly derive calcium from plants, vegetables, and eat them in plenty.

In the rural areas all over the world, ignorant women work hard, eat simple wholesome food, and enjoy plenty of air and sunshine, without bothering about their pregnancy and lactation. They inevitably have natural childbirth. They have abundant milk to feed their children for two to four years. There is no evidence of any calcium deficiency so far (except among very poor starving women or the affluent class of women). Rural women never drink milk to ensure milk. On the contrary, they eat various herbs, seeds, and cereals, to ensure good milk production.

Some communities of the world do not drink milk after they have been weaned by their mother. The Chinese react to drinking milk with complete disgust. They equate consuming milk with consuming blood. There is some similarity in the two reactions, because milk is merely white blood – the Chinese react to both with equal horror. The American Indians, many African Negro tribes, large groups of the Asiatic people, and the Polynesians, never drink milk after they have been weaned. Yet, they are healthy and strong, and show no deficiency in calcium whatsoever. Dr A.R.P. Walker of the famed South African Institute for Medical Research discovered that the assumption of large amounts of calcium being essential for pregnant women and nursing mothers, was not probably true. He found that Bantu women, who get very little calcium in their diet and never drink milk, produce a much superior quality of breast milk than any British or American mother. The need for milk is overemphasized by ignorant medical people.

The quality of mother's milk plays a definite and decisive role in child's overall health. To overcome infantile diseases, we treat the mother, and thus the infant gets all the benefits through her milk.

It has been practically proved thousands of times.

If we have made animals our mothers, how do we ensure their quality? If they are wrongly fed, vaccinated, heavily medicated, diseased, and bred under unsanitary, and unhygienic conditions, fed on toxic plants and chemically polluted plants, and milk is mishandled, i.e. pasteurized, homogenized, and processed, will it not affect the mother and the child? The practice of giving inorganic calcium tablets, iron preparations, and other inorganic minerals, is highly pernicious and creates injuries. They are rapidly expelled and accumulated in tissues to get them out of circulation.

There are several vegetables that contain twice as much organic calcium and iron as milk. Cabbage, red cabbage, celery, spinach, lettuce, okra, radish, sugarcane, beet leaves, tomatoes, turnips and its leaves, watercress, and, above all, nuts and fruits contain nearly three times as much calcium as milk. This calcium is 100 per cent absorbable, without any ill effects. Sesame seeds are treasure houses of calcium and iron of superior quality. Does it make any sense to run after animals for milk, which ensures nothing but ill-health?

The question of protein

We have already discussed proteins in the previous chapter. We have good nontoxic vegetable protein of high biological value like nuts, sprouts, green leaves, and whole grain cereals. All fruits and vegetables contain different amino acids in the most simple digestible form. These proteins are of superior quality, yet unfortunately unknown to common medical people.

Let Nature do her job; after all she knows it best. You can fulfil your requirements through natural food, exercise, sunshine, rest, and correct living. Eat as your body demands, and the digestive system too can sustain the food. Do not starve or overeat. Eat varieties of natural food with sufficient nuts and cereals. Eat maximum amounts of natural raw food to ensure optimum nutrition. Do your work, live peacefully, and leave the rest to Mother Nature.

The in-built mechanism of the human body looks after pregnancy and lactation processes. You need not interfere with the process through unwanted food and wrong lifestyle. The true reason behind calcium deficiency is not the lack of milk, but calcium-leaching food such as high acidic food, explained in a previous chapter. Drink various raw juices for best calcium, iron, and protein supply.

21

Milk is Not Health Food

Every creature's milk is health food for its own child. Cow's milk is definitely a health food for the calf, as is mother's milk for human beings. However, animal milk is never health food for human beings. It can be a survival food – but survival with disease.

What does health food mean? A food which nourishes the body with all the required elements, which is absorbed and utilized to the maximum, leaving minimum of any toxic metabolic or undigested wastes – the food that creates balance, and establishes normal blood chemistry till the last breath of old age without creating any side effects and depositions. Health food is food which maintains and protects the body with the highest resistance in health. The food that is as healthy to the human body, as oxygen or sunshine is healthy to the plant.

Milk and milk products do not meet any criteria of the law of health foods. It has all the disease-causing qualities and it nourishes poisons. The excess of casein (protein), fat, calcium, phosphorus, sodium, and mucus, are not suitable for the human system. What is there in milk, and other animal products (like meat, eggs, fish) to be called health food? We are being fooled by saints, scientists, doctors, our ancestors, and even by tradition, due to the ignorance and absence of right instinct, scientific research, and knowledge. From infancy to old age, it creates nothing but diseases and great suffering.

Fresh air, pure water, sunshine, mother's milk, fruits, vegetables, nuts and sprouts, when used without any processing in their wholesome natural form, create health. They never create toxicity in the blood (except in the case of overeating or wrong eating), ensure an absolutely disease-free life, superior immunity, and longevity. In short, a long spell of disease-free and healthy life. This is impossible with milk, meat, eggs, fish, and even cooked cereals. We can survive on them with diseases or with imperfect health.

Part II

Milk-borne Diseases

22

Milk: A Cancer Initiator

There may possibly be a correlation between certain types of cancer, and large consumption of cow's milk. It has been noted for well over a decade that the incidence of specific types of cancer occurs primarily in those regions and countries where cow's milk constitutes a major part of the diet. Therefore, use of cow's milk is largely responsible for the cells of human beings going crazy. It may be inferred that such a condition will be promoted by constantly taking into the body the growth hormones that are intended by Nature to promote growth in a calf, and not in a human being. Today, the problem may be even more acute, because cows themselves have become freaks. In an effort to get cows to produce more and more milk for a longer period of time, cows have been bred and developed to have overactive pituitary glands. Of course, it is evidenced from the milk they produce and the protein in it. According to Maynard Murray, MD, it is not affected by boiling, pasteurization, or cooking. It is not only found in milk, but in all milk products, including cheese. It does not include heavy cream and butter.

Excessive dairy product users are prone to cancer. Such people develop various cancers inevitably, as milk and other animal products are cancer-initiating foods, due to the growth-promoting hormones, high fat, and protein content.

My studies and research in more than 7000 cancer cases have enabled me to reach a definite conclusion that approximately 30 per cent cancer cases were among those who have used dairy products excessively. Most of them had no tobacco addiction nor did they use spices, or salt excessively. They were also free from other bad lifestyle habits. They were pure vegetarians. A few among them never exercised.

The cause and effects are definite and part of the unchangeable laws of Nature. By indiscriminate use of high protein and fat food, we unnecessarily overburden and strain the human system, leading to breakdown and atrophy of the organism, thus paving the way for degenerative diseases like cancer and heart diseases. We have to pay for all our excesses.

'Growth in adults is bad news. It is the dread of cancer victims, growth-promoting substances found in milk or its products prejudice a reversal of the cancer condition.' (Robert. W. Stickle, *Rational Concept of Cancer*, p.15).

Nothing is more injurious to health than artificial suckling. I have always found that children brought up in that way were more or less disposed to the scrofulous disease (tuberculosis), and dropsy. Cancer carries malignant ulcers such as scrofulous, which generally terminate in death (C.W. Hofland MD, *A Treatise On Scrofulous Disease*, Philadelphia, pp. 37 – 9, 90. 1989).

A 1975 epidemiological study found a direct association of bladder cancer deaths with per capita intake of fats and oils, especially in women. The scientists also linked kidney cancer with higher intake of meat, milk, total animal protein, and coffee (B. Armstrong and R. Doll: '*Environmental factors and cancer incidence and mortality in different countries with special reference to dietary practices*', International Journal of Cancer 15: pp. 617–31).

Some 20 per cent of milk-producing cows in America are infected with leukaemia viruses, which because milk is pooled when collected, infect the whole milk supply. These cancer-inducing viruses are resistant to being killed by pasteurization and have been recovered from supermarket supplies *(Medical World News,* 16

May 1969). Can it be a coincidence that the highest rates of leukaemia are found in children aged three to 13, who consume milk products the most, and among dairy farmers, who have the highest rate of leukaemia in comparison to any other professional group?

The possible causes – direct and indirect relations

1. Unwanted growth hormones

Being a product of the reproductive glands milk also contains an appreciable amount of hormones including gonadotropins, thyroid-releasing hormones, ovarian steroids, and an epidermal growth factor. After human growth is completed, the hormones continue to stimulate glands and cells that cause abnormal growth, leading to hormonal imbalances, and malfunctioning of glandular activities, which is one of the major causes of cancerous growth.

2. Exhaustion of liver and pancreatic enzymes

Excessive use of milk products in various forms overstrains the liver and pancreas, ultimately resulting in exhaustion and breakdown of the system. Due to lack of pancreatic enzymes and inadequate functioning of liver, the body cannot digest the foreign protein and hence allows them to grow.

'Cancer and anaphylaxis have much in common as both of them are caused by protein poisoning. Indeed, latent anaphylaxis may be the long sought after cancer virus' (Shelton, p. 227).

3. Lowered genetic resistance (lowered immunity)

From Nature, we have directed ourselves more towards modern civilization, processed food, sedentary and unnatural lifestyle, using chemicals and chemical fertilizers in food. Use of drugs and medicines, and a competitive stressful life, have brought down the immunity level of human beings from generation to generation, whereas our ancestors, who were leading a natural and physically active lifestyle, had good tolerance, immunity, and digestive capabilities. Their body could withstand abuses such as excessive use of dairy products, high proteins, and fat. The present generation has a gradually lowered immunity level, digestion, and tolerance, due to artificial lifestyle to such an extent that old-age degenerative diseases are appearing in childhood and early adulthood. The genetic changes are intolerant to abnormally high protein and fat diet like dairy products. The excessive use of the diet definitely leads them to degenerative disease like ailments of the heart, respiratory system, and even cancer. The genetic defect and lowered resistance is the root cause of childhood cancer.

4. Formation of cysts, stones, and fibroids

Mostly all cysts, stones, and fibroids, are directly linked to the fats and calcium of milk products. Gallstones and cysts are related to fried fat and renal stones, and to milk products (milk, curds, and cheese). Constant irritation of the cyst and stones can lead to the growth of cancer, although the process goes on silently with occasional symptoms, which are usually ignored. Suddenly on the day of catastrophe, one is confronted with a third or last stage of cancer. Excessive consumption of milk increases calcium absorption, and may induce hypercalciuria. The association between excessive ingestion of milk and urolithiasis is well recognised. (Dr P.N. Rao, FRCS, Registrar in Urology, University Hospital of South Manchester MXO 8 LR)

5. Prolonged anaemia and starvation of the cells due to severe mucus blockages

Dairy products are the most mucus-forming foods among all the foods on the planet. It is partially eliminated by seasonal attacks of cold, cough, diarrhoea and boils. The major part of it accumulates inside in a dense glue of thick mucus. The weakest part of the body is chosen for mucus deposition. Constant supply of mucus and its thickest layers of deposition clog the blood vessels and starve the cells of nutrition, oxygenation, and elimination. The starved anaemic part triggers abnormal cell growth or gets atrophied, due to the lack of aeration.

6. Constant irritation through metabolic wastes of dairy products

Mucus, urea, ammonia, phosphates, excessive calcium and sodium, are the byproducts of the dairy items. The more one consumes them, more are the metabolic wastes generated. The constant irritation from the toxic wastes leads to inflammation, ulceration, and induration, or malignant growths. The degeneration can be brought on earlier if other highly toxic foods, like meat, eggs, salt, pulses, tea, coffee and alcohol are used along with it. Bladder, kidney and bowel cancers are from the same origin.

7. Extremely low fibre of the milk products

Milk is an extremely low fibre food. Regular and excessive use of milk products and low use of fibrous foods like fruits, vegetables and whole grains inevitably leads to severe constipation, and gradual toxic accumulation and acidosis (high saturated poisoning). In such a way ground is prepared for cancerous growth. Majority of cancer cases are chronically constipated. Milk-induced constipation, is more difficult to restore to normal functioning than the constipation created by other foods. Milk-induced constipation is like a permanent injury. In other cases, excessive intake of dairy products ferments and putrefies in the intestines, and it leads to chronic diarrhoea, dysentery, colitis, and ulcerative colitis. If not checked, it may ultimately end up in a cancerous growth. Many cancer cases reveal the fact that heated and pasteurized milk helps the disease to grow faster.

8. Disturbed blood chemistry

It has already been explained how excess chemicals like calcium, phosphorus, and high sodium content of the milk, disturb and imbalance blood chemistry, due to their non-absorption. Heated and pasteurized milk makes the absorption more difficult. The chemical compounds formed after the high heating process, increase the acidosis, and decrease the alkalinity of the blood. The potassium and sodium ratio, and the sodium and calcium ratio are highly imbalanced. Without changing the blood chemistry, cancer can never develop. High acid saturated blood and imbalanced blood chemistry are the prerequisites for abnormal cell growth like cancer. The whole idea of controlling or curing cancer is to re-establish the normal blood chemistry by natural food and right living.

9. Milk-borne deficiencies

The more one consumes milk products, cereals, pulses, meat, and eggs, the less one uses fruits and vegetables. The lack of fruits and vegetables means the lack of alkalinity (base elements). The high acidosis of the foods robs the alkaline minerals for acid neutralization. On one hand, an extreme deficient alkaline food is supplied, and on the other extreme, low alkalinity of the blood is robbed. The result is severe deficiency, and cancer certainly is a severe deficiency disease. Heated and pasteurized milk has no life-giving enzymes (the basic catalyst for effective digestion). Cancer is also an enzymatic deficiency disease. The more one provides enzymes and alkaline salts through raw food, the healthier one gets.

10. Heated proteins and fats turn carcinogenic

Researchers such as T. Sugimura and others have discovered that the heated proteins are highly carcinogenic and mutagenic (which alters gene patterns) and a number of chemicals isolated from heated proteins have been proved cancerous when fed to animals. The caramelizing sugar of milk and fat have also been shown to change during heating and processing. They too can produce mutagenic and carcinogenic compounds. Australian researcher Joseph de Vardas's research conclusively proves the negative effects of the food. The undigested part of milk protein (casein) putrefies and generates ammonia and other toxins, which are deposited in the blood. When the liver becomes overloaded it creates a soil for cancerous growth. Apart from the putrefaction process of milk protein, the undigested fat reaches the colon where the cholesterol found in milk-fat is converted into poly nuclear aromatic hydrocarbons, which are unsaturated. It reacts with a radical (unpaired electron) to form apoxides, the most powerful cancer-causing agent.

It must be remembered, though, that all well-cooked proteins are digested with difficulty and produce toxemia, especially pork, veal, fish, fowl, small game, seafood, and cheese.

Many people eat a good amount of meat and cheese and apparently remain in good health, but eventually Nature exacts its price. It is well established that to neutralize the putrefaction products of well-cooked protein indigestion, the liver is robbed of its sodium faster than it can be replenished by the diet, which in cooked-meat eaters is notoriously lacking in sodium-containing foods. As the liver fails, the toxemia increases.

When the adrenal glands are strong, they try to compensate for the liver's failure by super oxidation. It gives rise to increased kidney function. When both the liver and the kidney become exhausted, the toxemia climbs to a higher level and often necessitates an attempt at vicarious elimination through an organ, which normally secretes proteins. The breasts attempt to secrete toxic protein acids in the form of poisonous milk, and the uterus has an irritating secretion instead of the normal menstrual proteins. Cancer may result when the destructive qualities of acids, thus vicariously eliminated, rise to peak concentration. Can it be the reason for the prevalence of breast and uterus cancer among women?

Thus milk indirectly instigates many major ailments including the growth of cancerous cells in the body. What has recently come to light is the fact that cooking not only destroys nutrients, four kinds of damage to amino acids can occur, as a result of heating and processing protein foods. Under high heat, food proteins can become resistant to digestion, so that the availability of all amino acids is reduced. Lysine is lost when you heat proteins, especially in the presence of reducing sugars, as in the pasteurization of milk.

When protein is exposed to treatment with alkali, as it is in many food-manufacturing processes, then lysine and cystine (one of the natural anti-oxidant nutrients are eliminated and toxic products such as lysinolalanine are formed).When oxidising chemicals such as sodium dioxide are used in food processing, considerable methionine from the protein is lost. Methionine is one of the natural anti-oxidant amino acids, which is needed in plenty, as it is a protection against cross linkage and peroxidation in the cells.

Another fact about cooking, which has only recently come to light, and probably relevant to why raw foods are so important for disease-free ageing, is that cooking creates chemicals that are mutagenic and carcinogenic. Carcinogenic means cancer-producing, while mutagenicity is the ability to produce changes in gene patterns, which can be transferred to future generations.

Researchers such as T. Sugimura and others have discovered that the burnt and browned matter, which results from heating protein during cooking, is highly mutagenic. Moreover, a number of chemicals isolated from heated protein have been shown to be cancer-causing, when they are fed to animals. Also the browning reaction products that come from caramelizing sugars and from the interactions of amino acids and sugars, during the cooking of foods contain a wide variety of DNA damaging substances.

The danger of too much protein

So insidious and destructive are the effects of a high protein diet that it hastens ageing. The myth that a lot of protein is good for your health still survives. A diet, which supplies more protein than your body needs, can cause severe deficiency of many essential vitamins, including vitamin B6 and niacin. Excessive protein also leaches important minerals, such as calcium, zinc, phosphorus, and magnesium, from the body, and when your body metabolizes the protein, complex byproducts are formed, some of which like ammonia can be highly toxic to the system, encouraging free radical damage and cross-linking, and stressing the body's adaptive energy. Eating more protein than you need, initiates deposition of the toxic residues in the tissues, leading to acidity, auto toxaemia, an accumulation of purine, and dysbacteria including dysbiosis of the colon, all of which can contribute to degenerative illnesses from gum diseases to arthritis, atherosclerosis, heart disease, cancer and even schizophrenia. Many animal studies have now shown conclusively that while a high protein diet brings about early rapid growth, it also results in early and rapid ageing and disease.

High-protein anoxia

The Wendt doctrine shows that excess protein clogs the basement membranes of capillaries by not letting oxygen and other nutrients to get through to the tissues and cells, resulting in anoxia and cell destruction and consequent death. (*Spiritual Nutrition,* Gabriel Cousens, MD)

A study of prostate cancer patients by the American National Health and Nutrition Survey has found a higher risk of the cancer among people who drink whole milk (*Health and Nutrition*, India, April 1991).

Exhausted glandular system

Cow's milk, compared to human milk, proves to be a highly stimulating food for human beings. Its fast growing and high ratio of steroid hormones overstimulate the glandular system of human body (pituitary, thyroid, adrenal, testicles). The hyperactivity of the glands leads to exhaustion after a period, making them hypoactive. The exhausted adrenal, pituitary, and thyroid, pave the way for fast degeneration and abnormal cell growth.

All the cancer, arthritis, and asthmatic cases have hypoactive glands. Therefore, the use of steroid drugs and chemotherapy proves temporarily effective by strongly stimulating the glands.

That is why people get addicted to milk. Like alcohol, the moment they stop drinking, they are depressed. Withdrawal symptoms are noticed in major cases, and milk works as a steroid drug to the patient. It can be categorized under other stimulating foods like salt, spices, hot beverages (tea, coffee), sugar, meat, herbs and commonly used drugs. All kinds of constant stimulation lead to severe depletion. It is Nature's infallible law. There can be no doubt, cancer cases are extremely depleted and depressed due to the stimulating lifestyle and food habits of the past.

Dairy products and ovarian cancer

There is preliminary evidence that dairy products may contribute to cancer of the ovary, which occurs in 1.5 per cent of American women. The culprit is actually a breakdown product of the milk, sugar lactose. Lactose is broken down in the body to another sugar called galactose, which, in turn, is broken down further by a group of enzymes, according to a study by Dr Danial Cramer and his colleagues at Harvard. When dairy product consumption exceeds the enzymes' capacity to break down galactose, there is a build up of galactose in the blood, which may affect a woman's ovaries. Some women have particularly low level of a certain enzyme, and can only break down galactose slowly. When they consume dairy products on a regular basis, their risk of ovarian cancer can be triple that of other women. Since the problem is the milk sugar, rather than milk fat, it is not solved by using non-fat products. In fact, yogurt and cottage cheese seem to be of most concern, because the bacteria used in their production increase the production of galactose from lactose. People, who have no problem with lactose sugar, may still have difficulty metabolising galactose.

What Cramer found was an association between dairy product consumption, ovarian cancer, and a logical explanation to back it up. Further studies of women with ovarian cancer are needed for confirmation of his link. However, it is, nonetheless, an important issue, because dairy product consumption is widespread, yet quite new from an evolutionary standpoint. Before about 4000 BC, there was no dairy product consumption by anyone except for the milk consumed by breast-feeding infants. It is apparent that there is some toxicity to humans, from the consumption of cow's milk. Although some of them are relatively mild, such as allergies and lactose intolerance, other may be more serious.

Possible types of milk-borne cancers

1	Kidney cancer	8	Non-Hodgkins lymphoma
2	Bladder cancer	9	Multiple myeloma
3	Prostate cancer	10	Neuroblastoma
4	Colon cancer	11	Liver cancer (hepatoma)
5	Lung cancer	12	Pancreatic cancer
6	Ovarian/uterine cancer	13	Brain cancer
7	Rectum cancer	14	Gall bladder cancer

Kidney, bladder, and prostate cancers are due to stones and high toxic waste excretion.

Colon cancer is due to protein putrefaction, chronic constipation, dysentery, colitis, and haemorrhoids (piles).

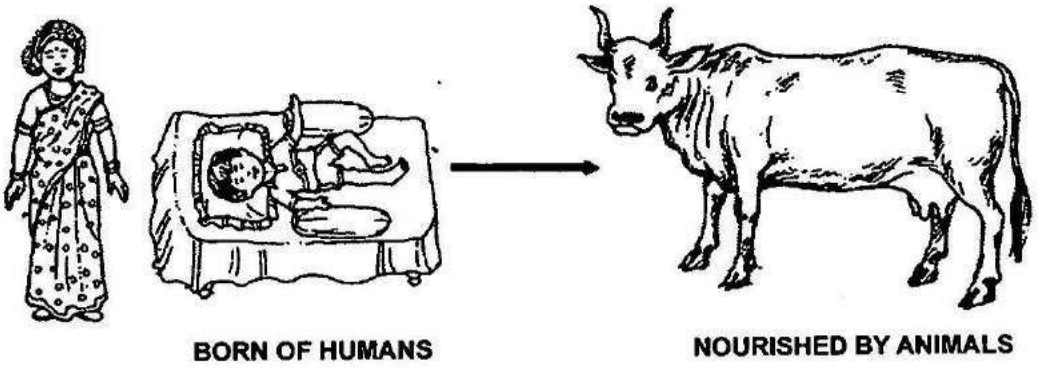
Lung and brain cancers are due to high mucus deposition and calcification. Ovarian, uterine, and cervix cancers are due to cysts, fibroids, mucus deposition, and blockages.

Liver cancer and gall bladder cancer are due to stones formed by high fat consumption, specially fried items.

Pancreatic cancer is due to overuse of high protein and fat diet, leading to exhaustion and degeneration.

Multiple myeloma and neuroblastoma are due to high fat consumption, and glandular imbalance brought about by use of heavy dairy products.

Lymphomas are due to high toxic poisoning, and acidosis.



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Why Milk Can Land You in the ICU

Dairy products are synonymous with heart disease

Sudden heart attacks are the gift of animal and dairy products and therefore, I call milk a silent killer, which builds up diseases silently without the least knowledge of its owner. We have often come across remarks like, 'Oh! He was so stout, heavy, and quite active, just 40 or 50 years old, how could he die of a heart attack?'

Yes, in the past there were no labs, no ECG equipment, no manometers (blood pressure measuring equipment). Nobody could suspect the hidden killer – milk and its products, but today, the advancement in scientific investigations have not only revealed the harmful effects of dairy products, but has also saved a large number of people by early diagnosis of heart diseases, and elimination of animal products and fats in diet.

All animal products, including dairy products, are well recognized for their strong relation to heart diseases. Cholesterol is the main culprit found commonly in the foods. The highest milk-consuming countries register the highest heart attack rates. Similarly, among the low milk-consuming countries, the heart attack rates are low. I came across some data which showed that in China, Japan, and Korea, where milk is not used at all, deaths from heart attacks were practically unknown.

However, in the Scandinavian countries, Denmark, Britain, and USA, where dairying is a leading industry, the incidence of heart diseases have been the highest in the world. Many years ago, medical men began referring to the emphasis on milk, which was mainly based on limited experiments with animals. Dr William Dock, an outstanding specialist in the field of coronary disease, has noted that though young Japanese men have been accustomed to long hours of physical labour, they are relatively immune to atherosclerosis and coronary disease, which are becoming increasingly prevalent, and alarming in the United States. The Japanese do not drink milk, and Dr Dock believes it is to be one of the reasons for their immunity to the two degenerative heart diseases.

Recent research is proving Dr Dock correct in suspecting milk as a cause of heart and circulatory diseases. Medical research investigators at the Washington University School of Medicine carried out a study of hundreds of autopsy reports and clinical records, of ten hospitals in the United States and five in England from 1940 to 1959. The result of the significant medical research showed that in the United States, the prevalence of heart attacks was more than twice as high among people who were heavy milk consumers, as it was among non-milk drinkers. For Great Britain, the results were practically the same. A complete report on the findings of the important research has been published by the American Heart Association in April, 1960 edition of circulation.

In Derby, the probable effects of milk products in the cause of coronary artery diseases, were studied by Osborn, (1963) a local pathologist and by Royd House (1976). He reported more than 2,000 deaths in young people from coronary thrombosis and noted that among them only one was breast fed.

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Milk Fats and Coronaries

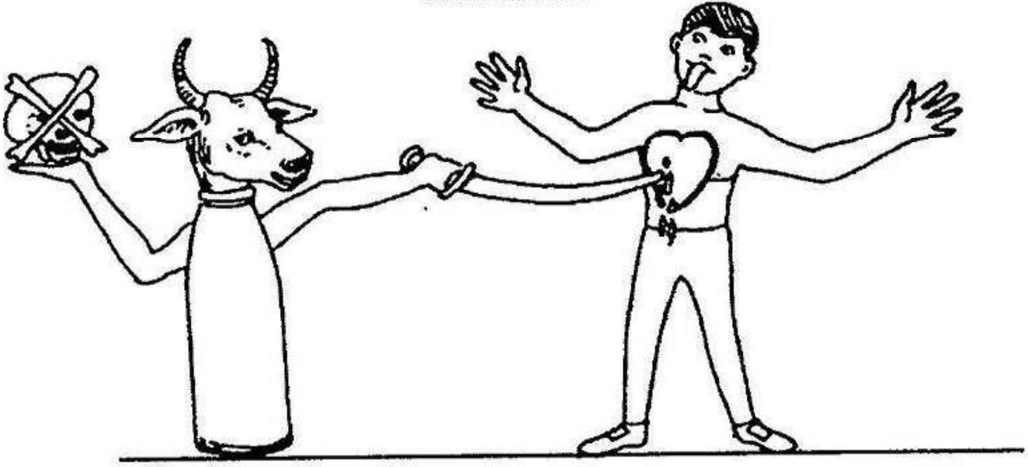
Epidemiology shows that 'dairy countries are coronary countries' worldwide. The Japanese who killed their first cow for food in 1931, still have very low levels of coronary diseases, inspite of the fact that they have more hypertension, and as much obesity, stress, and smoking, as the rest of the developed world. They still eat very little dairy products, but use fish as their main source of protein, and many vegetable foods, including poly-unsaturated vegetable oils. Japanese who migrate to the USA have adopted both the dietary habits, and the coronary mortality of the host country.

Vegetarians who avoid all animal food stuff, including milk and eggs, are healthier than omnivores (meat eaters), and they have fewer heart attacks, strokes, breast and colon cancer, than others, and their babies thrive well without milk, except breast milk.

Butter fat is by far the most heavily hydrogenated of all fats. Because of the action of the microorganisms in the cow's rumens, it is rich in saturated fatty acids, notably myristic acid, which raises blood cholesterol, and stearic acid, which encourages platelets to adhere and lead to thrombosis. If butter is fed to non human primates, they develop lesions of arteries.

Milk: The greatest enemy of the heart

Heart attacks are often of milk origin,
not accidental



Fresh nuts are the best protector of the heart

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Milk and Ischaemic Heart Disease (IHD)

Epidemiological studies

J.C. Anand (1972) found a relation, from data on 32 countries, between the national average consumption of milk protein, and national mortality rates from ischaemic heart disease.

Paul and Southgate (1978) suggest that milk proteins and lactose may be greater coronary hazards than dairy fat.

The discovery that men under 60 who have heart attacks, have higher than normal levels of antibodies to cow's milk protein, made a lot of people sit up, and rethink their ideas. It has also been found that a man who has a heart attack has three times more chance of dying from it, if he has any cow's milk antibodies in his blood.

Milk protein from cows causes the formation of antibodies in susceptible people, when they drink it. These antibodies or 'immune complexes,' are known to make the blood stickier, and so predisposed towards clot formation. The ability to produce antibodies to cow's milk protein may well be inherited. One family in which there was a very high level of heart disease, had antibody levels eight times those seen in the normal population.

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Milk and Stone Formation

Kidney stones are mainly related to the excess calcium in milk. Renal stone is so common in the Western world that 12 out of every 100 individuals are expected to develop them eventually. An African living in tribal conditions is rarely affected, and the disease is almost unknown among the Bantus.

Milk is extremely rich in calcium, but low in magnesium, an uneven ratio, which results in calcification (stone formation), and abnormal calcium-salt deposits in the body. If urine is saturated with calcium salts, it precipitates and crystallizes. These crystals may be trapped in the narrow parts of the renal tubules and collecting ducts, and grow subsequently to form stones (Robertson and Peacock 1982).

Robertson et al (1978), showed a positive correlation between the annual hospital incidences of stones and the national per capita income and the per capita consumption of animal protein in the UK and other developed countries. The same group of workers also demonstrated increased urinary excretion as risk factors for stone formation, following a high protein and calcium diet.

Dr Philip H. Henneman noted that kidney stones are often found in people who drink a quart of milk per day, and further found that they had no further development of kidney stones following the discontinuance of milk. Dr Prein, assistant Professor of Urology at the world-famous Boston University School of Medicine, made a complete examination of 1,000 kidney stones, and found that 90 per cent of them contained calcium. Dr Prein thinks that eating too much calcium, that is, foods that contain very high amounts of calcium, such as milk and cheese, may be a factor in causing kidney stones.

Excessive consumption of milk increases calcium absorption, and may induce hyper-calcarea. There are several dietary factors which contribute to stone formation like animal protein, refined carbohydrates, legumes, low fibre diet, water, minerals, vitamins, and alcohol. However, milk ranks highest in stone formation, with long-standing kidney stones, inevitably inviting kidney failure and cancer.

Gall bladder stones (a hidden killer)

Gall bladder stones are related to high fat consumption, especially heated fat like butter, ghee, hydrogenated fat, and fried oils. A high percentage of people with gall stones however, experience no trouble. Stones are commonly discovered by autopsy or scanning.

Women are much more likely to develop gall stones than men are. About one woman in eight, develops gall stones in most Western countries. These stones develop silently. They are noticed only by accident. Often they are diagnosed very late with the occurrence of jaundice, gall bladder, and liver cancer, or attacks of severe pain.

The most common variety of stones consists largely of cholesterol. The more cholesterol in the bile, the greater is the tendency for gall stones to develop. If the liver secretions and bile are toxic and acidic, the curds of milk, usually formed in the stomach, instead of being soft and flocculent, becomes as hard and tough as rubber, and leads to indigestion and constipation. The whey, being alkaline and full of calcium, neutralizes the acidic bile, resulting in urate of lime, a muddy white substance, which can clog the bile ducts, settle in the gall bladder, and easily give rise to gallstones. The same substance gives a white coating to the tongue as well as a disagreeable odour from the mouth. (The strong odour of Limburger cheese comes from the putrefaction of whey).

It must be remembered that the tongue is the barometer of the liver. The type of coating, the oedema, the inflammation of the various kinds of papillae and their eventual atrophy; all indicate certain stages of liver damage. Test it on yourself, get the X-ray or scanning of those communities where milk products are highly used, and you will be stunned to find hidden and unnoticed stones, in a majority of the population.

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Milk and Asthma

Persons consuming milk regularly can never cure their asthma. Asthmatics are usually excessive milk users, and they prolong their asthma by its constant use. Neither patients nor doctors have yet recognized the hazardous effects of milk on asthma. They die of asthma, establishing that there is no cure for it. As they die of the disease, the other patients remain unaware of the real culprit.

Asthmatic cases can improve immediately by excluding milk or dairy products from their diet. It is the allergenic and mucus-forming quality of the milk which ensures asthmatic development. Milk is a well known, well proven, highly allergic food.

Both allopathic and ayurvedic physicians ignorantly direct their asthma patients to drug themselves with high doses of milk, and thus push them to the grave instead of curing them.

Many patients either have cured themselves completely, or have become more comfortable after years of asthmatic and respiratory problems by excluding milk products from their diet. When they were kept on health programmes, such as fresh air, exercise, relaxation, and simple natural diet regimen, their body started eliminating thick, sticky, gluey deposits of hard mucus for a number of days. The elimination clears the chest, and the breathlessness and wheezing sounds disappear forever. However, it is reversed if milk products and wrong lifestyles are resumed.

Heiner syndrome in infants fed on cow's milk, results in hypersensitivity manifested as chronic or recurrent pulmonary disease, failure to thrive, iron deficiency, anaemia, recurrent or persistent eosinophilia, and elevated titer of serum precipitins. Pulmonary haemosiderosis should be suspected in infants with haemoptosis iron deficiency (anaemia).

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Epidemic Deaths

Milk-borne epidemics and infectious diseases

'The nutrient composition of milk makes it a suitable medium for bacterial growth, including organisms pathogenic to man.' (Seamea 1963). Savage (1912) reviewed milk-borne diseases in Britain till 1912, and Wilson (1942) did so for the years 1912 – 1937. Wilson reports that during the period (of 26 years) there were at least 113 outbreaks of epidemic diseases in Great Britain affecting about 14,000 persons. During the same time, about 65,000 persons in England and Wales died of tuberculosis of bovine origin, while probably several thousands suffered from undulant fever contracted through milk.

Many outbreaks escape detection or are not investigated and reported (N.S. Galbraith FRCP, FFCM. DPH, Director, Communicable Disease Surveillance Center, Public Health Lab Service, 61 Colindle Avenue, London)

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The Allergens in Cow's Milk

Cow's milk contains over 25 separate proteins, but most studies as reviewed by Bahna & Heiner (1980) have shown that B-lactoglobulin is the most frequent allergenic component (62–80 per cent), followed by casein lacto albumin (56 per cent), and bovine serum albumin (52 per cent). Casein is most heat stable, D-lactoglobulin is relatively heat resistant, and bovine serum albumin is heat labile. Obviously the extent of processing will influence the allergy producing potential of the milk product, but the spectrum of sensitivity of patients is also important as explained before.

McDougall adds another reason to avoid dairy products. Milk proteins often elicit allergic responses. 'Dairy products are the most common cause of food allergies,' McDougall said. 'Look at all the allergic reactions to dairy products that have been noted in the scientific literature, canker sores, digestive problems, skin conditions, respiratory reaction, and so on.' It is a separate problem from lactose intolerance, the inability to digest milk sugar, which causes indigestion in many Blacks and Asians. Dairy allergy is a sensitivity to milk proteins, and is often manifested in subtle ways, as McDougall points out, 'People don't know until they get away from them for a while, and then try them again. Moreover, they say, 'Oh, that's why I had a stuffy nose all the time,' or 'That's why I have post-nasal drip.' That's why I try to get my patients to change over completely.' When people avoid dairy products completely, they often find improvement in symptoms, which they did not realize were caused by milk proteins.

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Milk's Role in Childhood Diseases

Animal milk and its heavy components were never designed for human babies. Due to utter ignorance or force of circumstances, when children consume animal milk, they become devoid of mother's love, security, warmth, vibrations, and emotional bonding. The colostrum in human milk supplies anti-infective factors to prevent allergies and strengthen the local immunity in the gut, while cow's milk contains various allergens that are detrimental to health. As soon as animal milk is introduced in little children, various disease symptoms and abnormalities start affecting them.

The first disease symptoms

- Colic pain and gas: Indigestion and gas formation are inevitable due to the high chemical composition of animal milk. Colic pain due to gas is frequently observed.
- Sleeplessness: Due to unease and colic pain, the child is unable to sleep despite needing around eight hours sleep. It leads to constant crying and irritation. Consequently, neither parents sleep peacefully nor do the innocent infants.

The second symptom

Continuous feeding of cow's milk tends to create constipation, and results in frequent diarrhoea or dysentery. Vomiting is often observed due to gaseous pressure.

The third symptom

The excess ingredients of cow's milk are greatly opposed, and discarded by the new vital body in the form of cold, cough, and diarrhoea. Its remedial cleansing process of excessive toxic substance is misunderstood, and the beneficial action of the body is suppressed through various medication and treatments. Instead of removing the cause (the abnormal food, milk), we go on medicating the child and dosing the child with the same causative factor. The suppression leads to various disorders of skin, chest, and digestive system, in the form of boils, urticaria, chest congestion, fever, and diseases. These are further suppressed and attacked by various medications. Now the body has to fight with two enemies, the first one is the constant supply of excess of animal milk, and second is toxicity of poisonous antibiotics and drugs. Children are pushed into dangerous and acute diseases like:

1	Cholera	9	Scarlet fever
2	Pneumonia	10	Whooping cough
3	Bronchitis	11	Mumps
4	Poliomyelitis	12	Tonsils and adenoids
5	Convulsions	13	Diphtheria
6	Measles	14	Typhoid fever
7	Eczema	15	Chronic catarrh
8	Erythema	16	Allergies

Our acts of suppression of the diseases never stops. Either the child is killed by drugging or disease, or a strong foundation is laid for degenerative diseases like asthma, arthritis, diabetes, obesity, HBP, and cancer. Despite all the facts, if you are determined to continue with inhuman milk products, you can never escape their after-effects. Eliminate milk products from the diet of the child, and observe the dramatic results and improvement. However, be sure to feed them their original diet designed by Nature – fruits, vegetables, nuts, sprouts, cereals, green peas, and beans in proportion.

Cruelty with love

Parents ignorantly push their children into disease. Doctors further push them into suffering and graveyards by injecting drugs. In my practice, I have saved thousands of children and infants affected with the diseases mentioned above by eliminating milk from their diet. Why do many babies apparently thrive on unnatural baby food? Because their livers are strong and their adrenals are adequate. Later, from the age of three to six, they get the chronic sniffles, frequent colds, tonsillitis, and croups, which are found so regularly in kindergarten children.

Gastro-intestinal disturbances

The gut is the most frequently involved organ in vomiting, during infancy and childhood. Within an hour of feeding cow's milk, vomiting can be severe, and even projectile as in acute obstruction or pyloric stenosis. The incidence of vomiting is reported to be 25 per cent to 30 per cent in published studies.

Diarrhoea: Diarrhoea is common in 25 per cent to 75 per cent of cases, and of varying intensity when severe resultant mucosal damage, can initiate secondary lactase deficiency, malabsorption, failure to thrive, steatorrhoea, and occult bleeding. Eosinophils can be seen in examination of stool mucus as described by Hance (1948) in an observation, which I can personally confirm.

Pain and colic: It is common, varies in intensity, and is associated with excessive crying and drawing up the legs, after feeds and poor sleeping. The more milk the infant receives the more it screams. Vague abdominal pain in older children can be due to milk allergy, and sometimes due to emotional problems.

Emotional milk syndromes: In this category, anything is possible, including murder! The emotional aspects of milk intolerance are varied and bizarre, and the main difficulty is in selecting the best and most illustrative cases. The emotional effects are common in gastrointestinal group and migraine.

A unique observation by Dr Morrow Brown, MD FRCP, (HD) (Director Midlands Asthma and Allergy Research Association, 12 Vermon St, Derby) showed the following unusual behaviour noticed in children consuming excessive milk:

- Anti-social, aggressive attitude with frequent episodes of respiratory infection, rudeness, and often violence.
- Unnecessary noises for long periods, inclination to hurt himself, destructive and vindictive behaviours, cutting himself, tearing clothes and breaking furniture, incessant screaming, banging head, uncontrollable temper, constant coughing, and sniffing.
- One highly milk-addicted child always troubled the police, and threatened his mother with knives. The grandmother, mother, and her little daughter, were also intolerant to milk, and were emotionally disturbed by it. Behaviour became normal within a week of removing milk products from their diet. Deliberate or accidental ingestion of milk or milk products resulted in dramatic relapses of behaviour.

So do observe your milk-fed children carefully.

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Milk and Gastrointestinal Disorders

If we use milk excessively in our diets, our digestive impairment often becomes irreparable. Some of the common digestive disorders are:

Flatulence (Gas): Gas is often a common feature among dairy product users. The gas is passed out with foul smell (of putrefaction, and indigestion). Wrong combination of food multiplies the problem. Often gases are silently formed, which can be proven by tight bloated abdomen, and the gaseous pressure is so high that a heart attack can also take place. Gas is due to high protein, lactose intolerance, and wrong combination.

Severe constipation: Milk is an extremely constipating food due to its low fibre content. Constipation is impossible to cure without removing milk products from the diet. Maximum consumption of fruits and vegetables may help to some extent, but with cereals and animal products, it will worsen the condition. Milk-induced constipation is most difficult to cure, and irreparable in many cases. No matter how much fruits and vegetables they may consume, no treatment can revive normal bowel movement. Here I mean, not passing just stools but passing out proper, clear, satisfactory stools. Piles is almost a product of chronic constipation.

Amoebic dysentery: Undigested milk products, putrefaction of proteins and its environmental chemical contaminants constantly irritate the bowels, creating intestinal catarrh, and inflammation and provide a good soil for development of infections and parasites, which damage intestinal mucosa. The delay in diagnosis leads to malabsorption of nutrients and minerals, weight loss, failure to thrive, steatorrhoea, gastrointestinal protein loss, and frequent occult bleeding resulting in anaemia. Enterocolitis and ulcerative colitis have also been noticed. The putrefaction in the colon caused by the consumption of milk culminates in 'denatured' enzymes, antibodies, and hormones, which are no longer able to stimulate the immune system. As a result, the body is in utter chaos, and ravaged by disease.

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Milk Worsens Ulcers

Milk, once considered the best remedy for ulcers, has been proven recently by various studies, to be definitely harmful to it. No doubt, milk is the best instant relief method to overcome ulcerative pains temporarily. Medical science does not have any cure to offer other than gulping milk all the time, or a surgical removal of the part. An ulcer patient, despite heavy use of the milk, constantly deteriorates day by day. His condition never improves, but worsens, because he does not know the exact cause, and thus the degeneration goes on.

The heavy use of milk pushes ulcer patients gradually into dreadful diseases like heart problems, renal stones, arthritis, tumours, and cancerous diseases.

The real causes of acidity

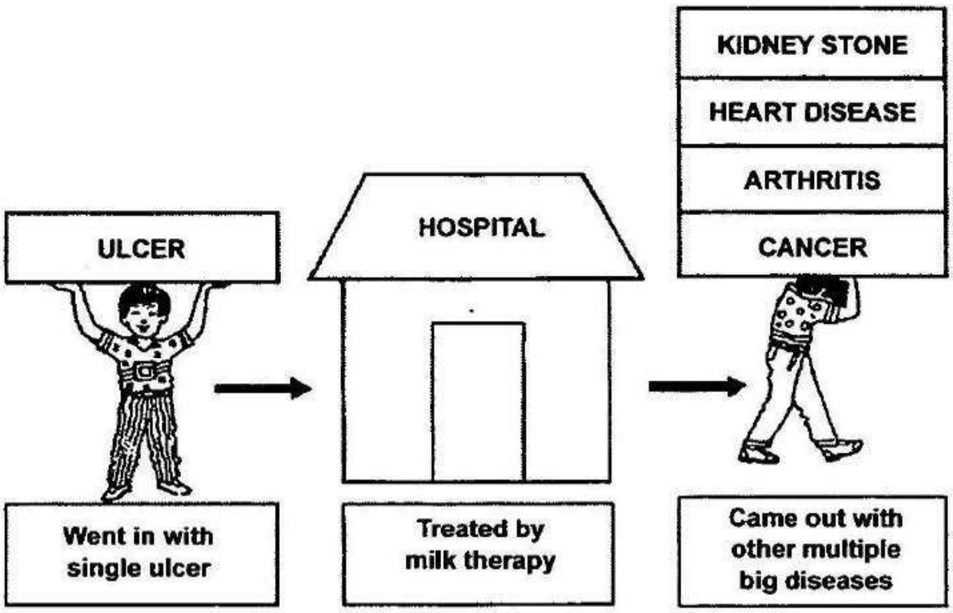
- Use of spicy and hot food
- Drugs and chemicals
- Wrong food combinations
- Constant indigestion and fermentation due to eating when not hungry or overeating.
- Mental stress and worries.

- Excessive use of high acidic food like meat, eggs, pulses, milk products, cereals, processed food, sugar, tea, coffee, alcohol, and soft drinks, and lack of alkaline food like fruits and vegetables.

The excessive acidity in the blood is relieved through the stomach. Gastric glands become hyperactive and secrete heavy acids in the stomach. The use of antacids neutralizes the acid, and forms a new toxic compound, which proves harmful to the gastrointestinal mucosa. The major causative factor is constant indigestion and fermentation (brought about by eating when not hungry, irregular eating, wrong food combinations, over-eating, and stresses), which continuously irritate the gastric membranes, leading firstly to acidity, then gastritis and finally ulceration.

Milk is used primarily due to its acid-neutralizing property, and low fibre and fatty smoothness. The excessive use of milk with its high chemicals, protein, and fat content, overburdens the system, and although it is used in the name of relief, the excess builds up various other terrible disorders. Milk used for providing relief ultimately proves to be hazardous.

A harmful bargain
Adopt milk therapy for ulcers and
get bigger diseases free


KIDNEY STONE
HEART DISEASE
ARTHRITIS
CANCER
ULCER
HOSPITAL
Went in with single ulcer
Treated by milk therapy
Came out with other multiple big diseases

The true remedy

Ulcers are easily curable if the true causative factors are discontinued and rules of health followed.

- Eat maximum alkaline food like pulpy fruits, overripe banana, papaya, chikoo, watermelon, cantaloupe (white melon), apples, pears, and other seedless fruits, except citrus fruits.
- Cooked and unspiced green vegetables. No raw vegetables or salads (until recovery).
- Juice of vegetables like carrot, cabbage, white pumpkin (petha), ash gourd, and cucumber, are excellent. Alkaline juices help to cure excess acids in the blood.
- Moderate use of coconut milk and almond milk, also helps to overcome the disorder, as they are more alkaline and less acidic.
- Potato and rice are the only soft foods which are more alkaline. (Be sure to have unpolished rice only, which is less acidic, and can be used in proper combinations, i.e. only with vegetables, never with acidic fruits, sweet fruits, or proteins.)
- All ulcers can be cured within one to two months, if this simple diet regimen is followed strictly.

Beware of using any cereals, pulses, meats, dairy products, salts, spices, citrus fruits, and salads. All citrus fruits and salads can be consumed after 40–50 days. These are good for healing. The same diet regimen applies to peptic ulcer, gastritis, ulcerative colitis, and all types of gastroenteritis.

Beware, milk is never a remedy for ulcers. It is rather a hidden factor, which aggravates the ulcerous condition indirectly.

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Milk Therapy: A Self-deception

Milk therapy is used normally as a treatment for debility, consumption, gastrointestinal inflammations, and ulcers. In milk therapy, milk is exclusively given (one to six litres a day) for 50 to 60 days.

Patients kept on milk diet experience fasting effect, as milk contains 84 to 90 per cent water. The monodiet is easy on digestion, and the energy conserved from it is fully diverted towards healing. As there are no other irritating causes and factors to aggravate disease, the ulcer and inflammations heal fast. I have often observed its usefulness in such diseases, but its long-term uses have proved fatal to the patients.

Milk products must be discontinued after 40 to 45 days, or else its excess composition will definitely build up a high toxic accumulation and cause diseases. The intestinal system becomes sluggish during milk therapy, and severe constipation is often observed in 80 per cent and diarrhoea in 10 per cent of the cases.

After discontinuing milk therapy, the false weight gained through excessive consumption of milk disappears, and the patient returns to his previous state of health. Due to the fasting-effect of milk therapy, patients feel refreshed, but not healthy. It is the physiological relaxation of the body and not the milk-therapy that rejuvenates and heals the body. The same refreshed condition can be obtained, even better, through juice-fasting, or by taking plain coconut water, fruits, and leafy vegetable juices. The simple basic principle applied here is total healing, free of any side effects.

Milk-therapy has no permanent effect or usefulness. In fact, it deprives the patient of an opportunity to get rid of the original cause of ill health, i.e. overeating, eating when not hungry, and irregular eating. It never directs the patient to abide by the rules of health, thus the purpose remains unresolved, and consequently the disease lingers on.

We must realise that health is not a product of special tricks, methods, or foods. It is a product of correct lifestyle, i.e. living in accordance with the laws of Nature. Healing processes are never dependent on any food or outside agencies. They are biological processes inherent in living organisms, which heal, or correct, or normalize, as soon as causes are removed. The removal of the causes ensures healing, not the special food consumed.

Milk therapy neither removes the original causes of the disease, nor does it change your lifestyle, and it does not add anything for the development of health. Therefore, a permanent cure remains a dream. The same law applies to all drugs and palliative therapies. We have been running after magic drugs and miracle therapies (without changing causes and lifestyle), with self-deception, and disappointment ultimately and we experience it with milk therapy.

Anybody who has undergone milk therapy, certainly claims no good experience and satisfaction. One realizes its futility in a few months time. Most of the claims made for the curative virtues of the milk diet are false. Milk does not contain an excess of vitamins or minerals that can compensate for the use of devitalized foods, and it is wrongly classified as a protective food. Laboratory rats fed exclusively on milk diet, develop anaemia. Laymen and Kayonad's experiment concludes that rabbits, quite sensitive to acids, die of acidosis on a diet of cow's milk.

Pasteurized milk therapy is gravely dangerous as it has all the potentialities to kill. Indeed many of the cows are never dry but continue to produce milk that is sold in the market. I have seen cows, which go on for ten or more years without being dry and having a calf, a year, during the time.

Milk diet causes abdominal distention and discomfort, gas and nausea. In many, bowel impaction, increased blood pressure, and in a few catarrh, and in all, it places a heavy load upon the heart, liver, stomach, intestine, kidneys, lungs, and glands of the body, thus completely wrecking health, leaving the patients with digestive imbalance and uneasiness.

The best way to overcome the problem is to consume fruits, vegetables, and their juices. They supply maximum vitamins, minerals, and alkaline factors, which do not overburden the system in any manner.

If at all you decide to undergo milk therapy, use fresh raw milk, some green leafy vegetables (to prevent anaemia and other deficiency), and a little addition of citrus fruits.

Pasteurised milk therapy constitutes a grave threat to health and is a potential killer.

No escape!

Ultimately, one day, the whole world has to resume their original diet, i.e. fruits and nuts created by Mother Nature for healthy survival of mankind. There is no escape! We will have to recognise the great healing values of such food, or else no God can save us from the disastrous effects of abnormal foods like meat, eggs, dairy products, and cooked cereals. However, we may continue to adopt the food for survival, but suffering and degeneration is inevitable. Our statistics of progressive degeneration is self-evident.

Let me repeat.
Go back to your original biological diet.

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Milk Consumption and Atherosclerosis in the Young

The relationship between milk consumption and the atherosclerosis process has been elucidated by extremely tedious research, which has included study of the various types of milk consumed by different ethnic groups, comparison of the chemical components of human milk, and cow's milk, study of pharmacological principles including familiarity with pharmaceutical preparations, with knowledge of biological availability of certain chemicals. The epidemiological groundwork of the atherosclerosis-diet relationship was laid by migratory population studies. Keys (1975) and later, Kagan et al, studied populations that left their native Japan and migrated to Hawaii and to California. The eventual incidence of atherosclerosis observed in the group rose from that found in Japan to the prevailing higher rate in California. Such observations make atherosclerosis an environmental disease.

Another principal source of support was the monumental study by Enos, Holmes and Beyer (1953) in which 300 young American soldiers (average age 22) that died in 1951 during the Korean War were subjected to post-mortem. The autopsy findings that stunned the medical world were reported as evidence of atherosclerosis, which show plaque formation in the coronary arteries in 77.3 per cent of the examined cases. An appreciable number, 5.3 per cent, of the young soldiers already exhibited 90 per cent occlusion of coronary arteries, an amazing observation considering that the men were physically active, able to perform their duties as soldiers and were not suffering overtly from any disease of the arterial system, particularly a disease of the coronary arteries.

No doubt, atherosclerosis was present but without any symptoms. Epidemiologists planning prospective studies should give credence to the basic fact that atherosclerosis is a disease, which starts in youth, not during middle age or advanced years. Disregard of the two principal premises of the study of atherosclerosis, its environmental origin and its first occurrence in youth, will preclude valid investigation of the causes of the insidious disease process. Atherosclerosis is a long-staged disease with proclivities for the tissues of the cardiovascular system, which is manifested differently at anatomical sites.

Original injury to vessel walls by a dietary factor

In the search for a dietary factor that might cause the original vessel wall injury culminating in full-blown atherosclerosis, one must search for a food commonly consumed by young people, which is not universally accepted in adult life, because of cultural and economic restrictions. It eliminates eggs, meat, grains, and fats, which are universally consumed, although in various proportions. Milk offers itself as a plausible candidate for such a food. In many Oriental countries, milk is not consumed at all, because grazing land is scarce, in contrast to many Western countries, where milk is one of the basic foods. Parallel to the observation is the prevalence and distribution of atherosclerotic disease, which is rarer in the Orient than in Western countries. However, a survey of the prevalence of atherosclerotic diseases in the Western countries that maintain valid statistics of disease distribution, exhibits wide differences in atherosclerosis occurrence in those countries. The prevailing concept is that the differences are due to the range of plasma cholesterol and the consumption of saturated fat and cholesterol generating foods. Nevertheless, attempts to confirm the associations by lowering plasma cholesterol with either diet or drugs have not established the causal relationship of hypercholesterolemia as the risk factor, and atherosclerosis as the effect. Even the much vaunted mass hyperlipidaemia of Blackburn (1977) could not be verified. Failure of the cholesterol-lowering concept, and its unsuccessful attempts at reducing mortality due to atherosclerotic diseases, necessitates a different research approach to the cause for a dietary origin of atherosclerosis in youth. Milk again comes to the foreground.

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Xanthine Oxidase

A harmful milk enzyme

It is a basic pharmacological law that the smaller the particle size, the easier will be the facility for the absorption of active ingredients by the intestinal wall. Since the fat in milk per se, did not cause atherosclerosis or hypercholesterolemia, it must be deduced that something else in the milk is at fault. Analysis of cow's milk and mother's milk shows that an enzyme, xanthine oxidase, is present in relatively large amounts in the former, but is almost negligible in the latter. After pasteurization, 42 per cent of the original xanthine oxidase is maintained.

The homogenization process has come under fire as well. Kurt Osier, MD of Bridge Port, Connecticut, has advanced the theory that homogenisation by breaking up milk molecules into smaller pieces, allows some substances to pass through the intestinal wall, unchanged by the digestive process. One of the substances is an enzyme called xanthine oxidase or XO normally found in milk fat, which helps in the breakdown of protein, after passing through the intestinal wall, and being picked up by the lymphatic system, says Dr Oster. The XO ends up in the bloodstream. As it courses through the arteries, it scratches and corrodes the inside of the arterial walls, causing primary lesions. As a defence against the body deposits, fibrin and cholesterol cover the lesions to avoid further damage. (The Federation of American Societies for Experimental Biology prepared a critique of the Oster theory for the FDA called *A Review of the significance of Bovine Milk Xanthine oxidase in the etiology of Atherosclerosis* in 1975) Some merit was found in the theory, but as usual, the results were deemed inconclusive. Oster pointed out that butter fat contains a protein-splitting enzyme XO. By removing it; digestion of milk protein would be made even more difficult.

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Milk and Atheroma

Clinicians' approaches

A milk-free, egg-free diet in symptomatic coronary disease

While working as a general practitioner in South Africa, Dr T.H. Crouch was impressed (as others have been) by the different disease patterns encountered in his Bantu and his white patients, and came to the conclusion that cow's milk consumption was the most likely reason for the prevalence of ischaemic heart disease (IHD) among the whites. Later, after moving to Australia, he tried the experiment of recommending a milk-free diet to his IHD patients, with gratifyingly favourable and rapid results. Later still, while in general practice in New Quay, England, he carefully recorded the clinical progress of 44 IHD and/or hypertensive patients during a six-month diet that totally excluded (except for occasional lapses) all cow's milk and bovine products, and also all hens' eggs and other chicken products. Forty-three out of the 44 derived either total or partial alleviation of symptoms, with improved exercise tolerance, and/or were enabled to reduce or stop their medication. Eleven out of 14 patients who were initially hypertensive had persistent fall of blood pressure, although two hypertensives had a rise. 41 out of the 44 became slimmer, inspite of a free allowance of sugar, non-bovine fats, and fried foods.

Is lactose a coronary risk factor?

The lactose hypothesis suggests that reduced ingestion or absorption of lactose against coronary disease, provides a possible explanation for 'anomalies' in coronary epidemiology. The Greenland Eskimos, the Masai of East Africa, some South African urban Bantu, some Polynesians and the Japanese have a high prevalence of physiological adult lactose non-absorption and a low intake of lactose. They are relatively free from coronary disease despite diets which are high in saturated fat and exposure to non-dietary risk factors (Segall 1980 b).

There are a number of ways in which lactose might be atherogenic or thrombogenic in lactose absorbers. Lactose is hydrolyzed by the lactase. (Similarly, sucrose is hydrolyzed by sucrase into glucose and fructose.) As with sucrose, the lactose of milk lacks the complex carbohydrates to slow down absorption of monosaccharides, to smoothen the rise in blood-sugar levels. Other possible factors could be excessive release by the glucose of intestinal insulinotropic peptide, and the galactose, of which the lactose of milk is the only significant dietary source, and which might have unknown atherogenic or thrombogenic properties.

Lactose greatly enhances the allergenicity of B-lactoglobulin (Bleumink and Young 1968) and so it might be involved, if an immunological response to milk proteins is an etiological factor in IHD (Anand 1972).

Another possibility is that patients with lactose malabsorption may develop an associated steatorrhoea. Perhaps conversely, lactose absorption facilitates absorption of fat. Finally, there could be genetic linkage between the characteristic of persistent lactose absorption in adult life and an enhanced susceptibility to IHD.

Conclusion

It is concluded that there is sufficient evidence in support of the lactose hypothesis to warrant the investigation clinically, biochemically, and genetically, of lactose as a possible coronary risk factor.

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Milk and Cataract

Milk consumption is also implicated as a contributor to cataract. Although there are other factors, such as excessive exposure to sunlight, which contribute to opacity of the lens, it has been suggested that galactose, a breakdown product of milk sugar lactose, may gradually damage the lens. Indeed, a detailed review of the subject published in 1982 showed that populations which consume large amounts of dairy products tend to have a much higher incidence of cataract than populations which avoid dairy products. As children grow older, the capacity to metabolize the compounds diminishes. Many Caucasian adults can break down lactose well, but do not rapidly metabolize the galactose that is made from it. As a result, they are at risk for the problems, which may be caused by high levels of galactose. The correlation between the use of dairy products and cataract is real, but the cause-and-effect relationship is only theoretical, awaiting more observation.

Epidemiologist Paul F. Jacques, of the USDA'S Human Nutrition Research Centre of Aging in Boston, has shown in preliminary studies that galactose derived from the sugar in milk may play a role in the development of cataract. Galactose is normally metabolized quickly by an enzyme. It is destructive to the lens of the eye in people who are deficient in the enzyme. Jacques found that the conversion process is slowed, eventually causing cataracts (*Health and Nutrition* magazine, India, Aug. 1990).

An explanation has been given by Dr Ernest Beutler, a geneticist at the City of Hope in Los Angeles. Some may have an inherited metabolic defect, which prevents them from assimilating milk properly. When the defect was found in children, they were put on a milk-free diet. However, there is another explanation advanced by several other researchers. It is the theory that children in underprivileged countries who cannot get milk after weaning, lose the ability to digest it because an enzyme, lactase, needed to assimilate lactose (a milk sugar) becomes deficient in the body, leading to lack of tolerance of lactose or galactose, found in milk. It, in turn, may lead to cataracts and may also affect many adults in the US and elsewhere. It was found to be the case in the widely publicized John Hopkins rats, which developed cataract on an all-yogurt diet. It was not apparently learnt until later that rats do not naturally manufacture lactase, thus could not metabolize the galactose in the yogurt. Still more important, it was learnt that galactose, an ingredient of milk and milk products, is an antagonist to Vitamin B2, the lack of which may play a part in cataract formation.

The effect of galactose is not a simple problem, but is becoming more complex with time and continued research. It is complicated by today's step-up in milk products. John J. Miller, Ph.D., who has done extensive research on the cataract problem, says, 'When milk was produced by the family cow for our ancestors, and used as a whole unmodified food, the problem was not so serious. But through development of the cheese industry, the promotion of yogurt, the evaporated milk programme, and the powdered milk business, the concentration of galactose in our daily diet has markedly increased.' When there is a dietary excess of galactose, which has led to cataract in the lens of the eye of rats, a galactose-free diet may stop the trend toward cataract development by restoring lens fibres.

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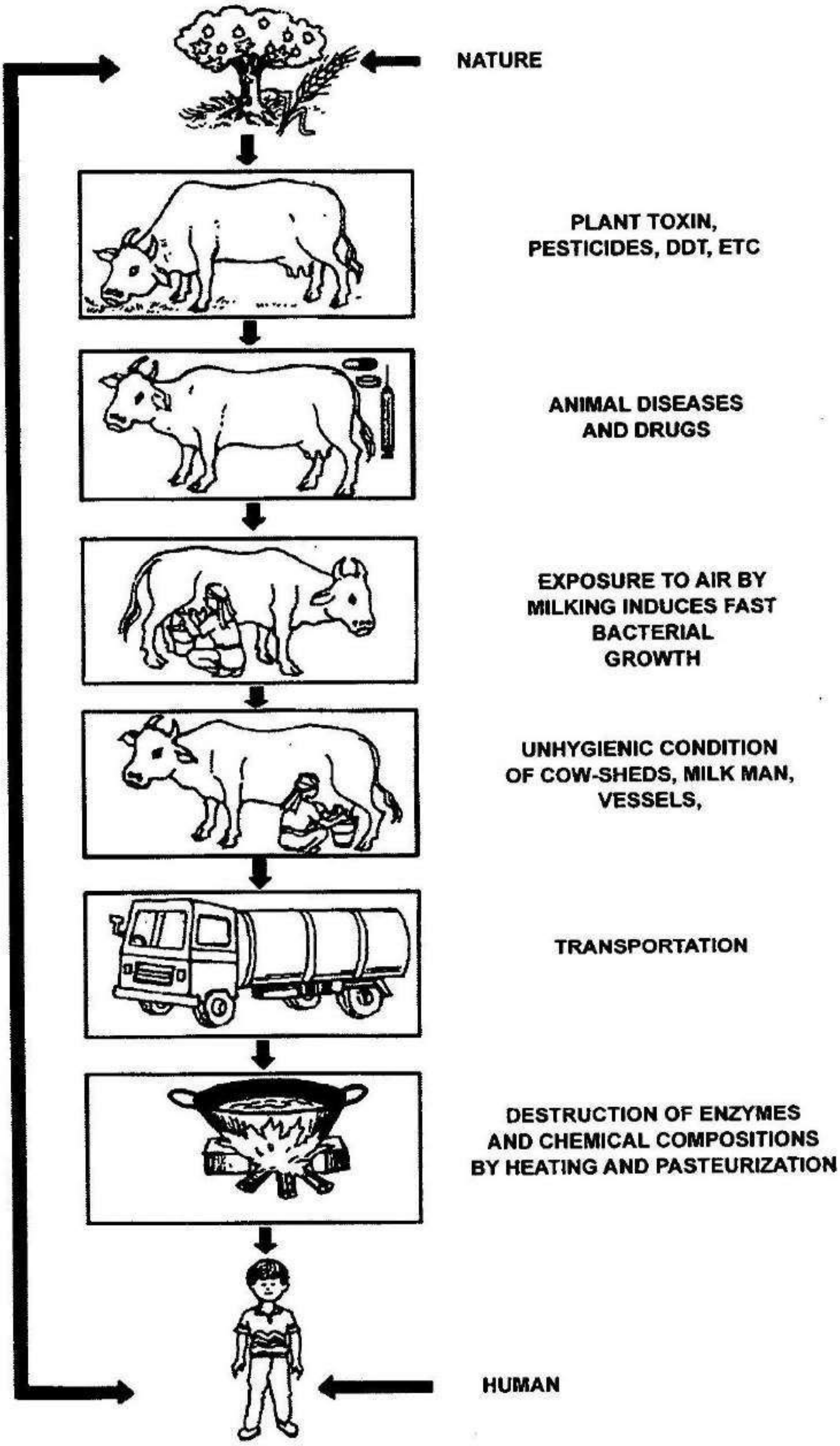
Milk and Dental Decay

Anthropological studies of primitive peoples and other civilizations, clearly prove that milk after weaning, is neither necessary nor desirable. Most of the primitive people such as the Polynesians, Maya Indians, and Eskimos, who never drink milk, are remarkably healthy on their native diet, and dental decay is a rarity among them. It indicates that milk cannot stop dental decay. Dr Brunn of Denmark, an outstanding dentist who has spent years in research, checking the oral condition of children of Denmark, England, Sweden, Switzerland, and South America, finds that in the mouths of children who drink milk, the residue left by the milk forms a cheese around the teeth and crevices. This mouth cheese is probably a factor in causing dental decay. Dr J. Sim Wallace, an outstanding medical and dental scientist states in his book, *The Physiology of Oral Hygiene,* that where the land flows with milk and sugar, there you have dental decay rampant in the classes which eat the foods most, notwithstanding their vitamin content. It would seem that by this time dieticians might know that the hygiene of the mouth is not maintained by milk, bread soaked in milk, milk desserts, and milk crackers. These and many other foods falling in the same category are examples of things that should not be recommended by anyone who desires healthy teeth and good oral hygiene.

Why indirect food with so much contamination and processes?


NATURE
PLANT TOXIN, PESTICIDES, DDT, ETC
ANIMAL DISEASES AND DRUGS
EXPOSURE TO AIR BY MILKING INDUCES FAST BACTERIAL GROWTH
UNHYGIENIC CONDITION OF COW-SHEDS, MILK MAN, VESSELS,
TRANSPORTATION
DESTRUCTION OF ENZYMES AND CHEMICAL COMPOSITIONS BY HEATING AND PASTEURIZATION
HUMAN

Why not direct from Nature?
Without contamination and processes

Part III

Milk Alternatives

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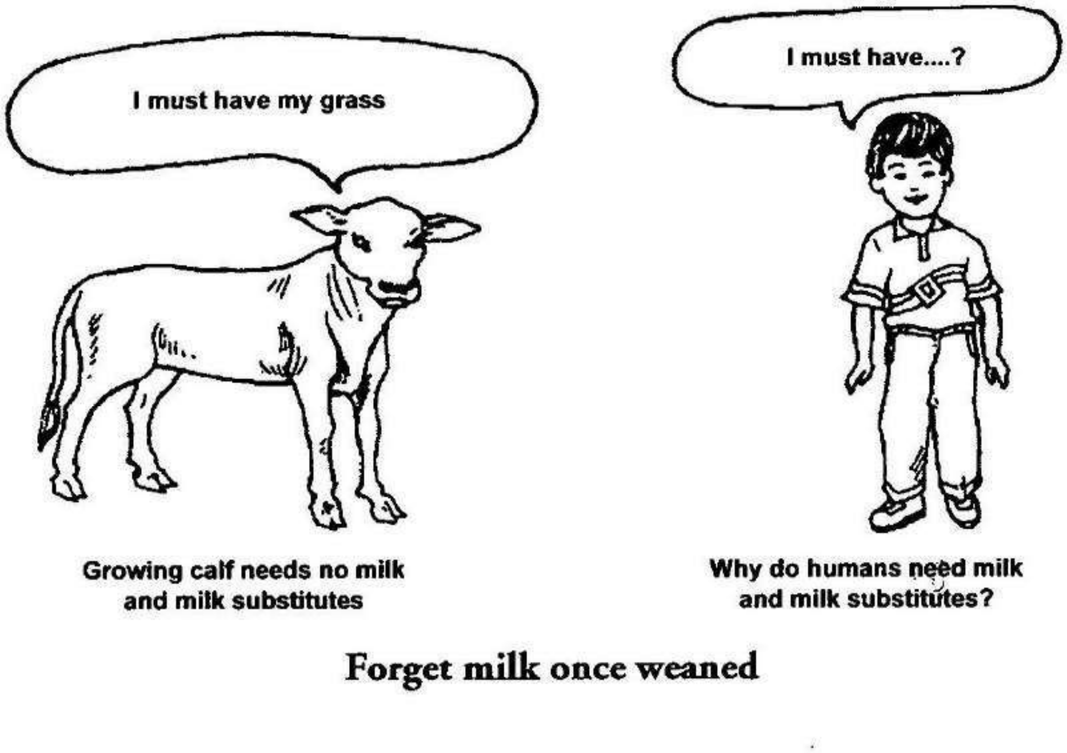
No Substitute for Milk

One common question frequently asked by people is, 'What is the substitute for milk?' The use of milk stops, soon after the weaning period or infancy is over. When the question of milk itself does not arise after weaning period, where is the question of any milk substitute? Animal milk itself is a substitute for mother's milk. There cannot be any further substitute for animal milk.


I must have my grass
I must have....?

Growing calf needs no milk and milk substitutes

Why do humans need milk and milk substitutes?

Forget milk once weaned

Forget milk after weaning period

The word milk after infancy in humans is madness, and searching for any alternative or substitute for mother's milk or animal milk is the greatest misconception and madness. Substitute means – an uncommon food used for a short period for immediate survival – not for health or permanent adoption.

Why the struggle for a substitute? When Mother Nature has bestowed enough natural food (fruits, cereal and nuts), other creatures believe her and obey her. Why not humans?

No milk, and no search for milk substitutes. If your concept is still not clear, then ask yourself, 'What is the substitute of milk for calf, after the weaning period?'

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Goat's Milk is Not Safe Either

Inspite of a general and favourable perception of the qualities of goat's milk by the consumers and medical practitioners, the health hazards concerning goat's milk are similar to those of cow's milk.

Most of the claims made about the superiority of goat's milk as compared with cow's milk or mother's milk are unproven and probably not true. We are not entitled to any animal milk. The superstition and ignorance prevailing since centuries must be cleared and verified. At present, however, a goat is healthier than a dairy cow and is not as badly fed as the cow, although vaccinating and testing the goats does not seem to be so widespread.

Goat's milk forms smaller, softer curds than cow's milk and is less hard to digest. Goat's milk is used in India when babies cannot digest cow's milk. As far as their chemical compositions are concerned, there is little choice between the two.

Compositional hazards

The percentage of milk fat in goat's milk is normally somewhat higher than the average of cow's milk. The size of fat globules is usually very small with over 57 per cent having a diameter of less than two mm, which makes it more homogeneous and difficult to separate, and hence gives the milk a lower curds tension on coagulation. The higher fat with smaller fat globules increases the contents of fat globules membrane.

The constituent fatty acids in goat's milk are higher in polyunsaturated fats, such as caproic, caprylic, capric, and lauric acids. Oleic acid in cow's milk is high, but stearic acid is less.

Goat's milk actually has high vitamin A content. The protein content of goat's milk is similar to that of cow's milk, and the major difference is in the balance of the protein fractions. In general, the antigenic caseins, B-lactoglobulins, and A-lactoalbumins are lower than in cow's milk, but the less antigenic albumins, protease, peptones, and non-protein nitrogen are higher.

Allergy

Allergenity of goat's milk protein may also be enhanced (as in cow's milk) by a Maillard (non-enzymatic) reaction with lactose (Blue Mink and Barrens 1966; Lietze 1969; Smith 1976), which results in N-glycoside coupling of sugar in the protein molecule, and hypersensitivity in milk. It was shown that skin reactivity was increased a hundredfold by prior reaction of protein with lactose. Lactose alone has not been shown to be antigenic, but I assume that the inability to split the disaccharides in goat's milk may result in lactose intolerance similar to that of cow's milk.

High minerals

The ash content and vitamins in goat's milk are much higher than in cow's milk. The higher mineral content, particularly calcium and chloride, gives rise to higher solute load, and it could perhaps be good for immature kidney. A higher concentration of phosphorus gives almost a 1:2 ratio of calcium to phosphorus, somewhat less than the optimal of 2:1 for intestinal absorption. It should also be noted that goat's milk in comparison with cow's or mother's milk has a higher iron, lower Vitamin C and niacin, and little or no Vitamin E content.

Heating milk to temperatures in excess of 80° C causes the formation of lacto-caramel with a distinct flavour change, which may or may not be acceptable to infants. There will be some inactivation of natural enzymes such as lipase and phosphates. The level of soluble calcium is reduced by binding to protein.

Goat's milk has a cooling and constipating effect. Many investigators as reviewed by Bahna and Hiener (1980) have demonstrated close antigenic similarity and cross reactivity between the animal milk proteins, with the notable exception of mother's milk protein. Conclusively, however, no harmful effects have been noticed so far in goat's milk. It may be due to low popularity and little investigation.

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Soyabean Milk is Not a Good Alternative

Why does the milk mania not disappear after childhood? Why don't we want to eliminate it from our lives altogether? If animal milk is not suitable, we go around finding various substitutes and drink the substitutes. The milk mania is greatly encouraged by those medical people and nutritionists who themselves are suffering from the lust for high protein and milk.

Why can't our scientists and government encourage and produce real food such as coconut (it has equivalent value to mother's milk except for its high fat content), peanut, walnut, cashew nut, and almond? Coconuts and peanuts are the cheapest and best source of protein and fat available to man.

Why the mad chase for leguminous milk? Moreover, why is it being foisted on the ignorant public? By creating and adding artificial chemicals and flavours, one's natural instinct and tongue are fooled.

All respect for leguminous (soya) milk is in our mental attitude, wrongly developed by scientists. They will pick up anything, without bothering whether it is edible or inedible, if it has good protein or mineral value. For them our instinct and taste are unimportant, what matters for them is its high chemical content, neglecting even biological suitability and adaptability. Do we love soyabean milk like coconut, peanut, or almonds, for which we have natural love, taste, and pleasure? No, we are forced to adopt soyabean, because of the madness of the scientists and doctors, who repeat what they have been taught, without giving any thought to it. Soya milk has come into use recently. The belief has spread that it is the best substitute for milk. The effects of soyabean products on human digestion is definitely acidic. A brief comparison of soya milk with mother's milk and cow's milk may be quite enlightening.

Mother's milk, and cow's milk are composed of about 87 per cent organic water while soyabean contains only a little more than 10 per cent. The addition of water in preparing soya flour into milk does not convert it into organic water. Mother's milk contains a little more than 3.5 per cent whereas soyabean milk is composed of more than 40 per cent to 48 per cent of protein. Mother's milk contains a little more than nine per cent carbohydrates in the form of natural sugar. Cow's milk has five per cent and soya milk 33 per cent of starchy carbohydrates.

Mother's milk contains nearly four per cent fat, and cow's milk a little more than 3.5 per cent while soya milk contains nearly 20 per cent fat. Comparing the chemical composition of mother's milk and soya milk, we find that the latter contains about 175 per cent more phosphorus and 400 per cent more sulphur. Both the elements are acid forming. On the other hand, mother's milk contains about 350 per cent more chlorine, the cleansing element which is absent in soya milk. These factors are of extreme importance, when we consider that many cases of insanity, neurasthenia, abnormal sex propensity, and other disturbances of the nervous system, are chiefly due to the unbalanced proportion of the elements in the food. We take the deficiency of chlorine in soya milk has a very important bearing on the flow and function of gastric juices in the stomach, and may result in a deficiency of hydrochloric acid. It may also have a tendency to disturb the composition and activity of the blood serum, which contains sodium and chlorine. Furthermore, the elements in soya milk are no longer organic, when the soya material or milk is subjected to excessive heat.

In the 1950s, reports of several nutritional deficiencies in infants fed on soya formula were described. Van Wyk Al (1959) described the development of goitre in an infant who had been fed mull soya. It was previously known that when young rats were kept on a diet of raw soyabeans or soya flour without additional supplementation of iodine, they developed enlargement of thyroid gland.

Unfortunately when organic solvents were used to extract the fat from the soya flour, the fat soluble vitamins present in the soyabeans were lost. Com Field and Cooke (1952) and Wolf (1958) reported deficiency in vitamin A. Goldman and Deposite (1966) and William et al (1970) noted deficiency in Vitamin K and finally deficiency of the Vitamin B complex appeared in the literature of the 1960s as reported by Davis and Wolf (1958).

Trypsin inhibitors have raised some concern in recent years. These concerns are based on the findings that rats fed on raw soya bean meal show poor growth as well as pancreatic hypertrophy. Further studies demonstrate that rats develop hyperplastic nodules and adenomas when fed with the same meal. According to studies by Rackis (1965) and Mcguiness et al. (1980), a few rats develop pancreatic cancer.

Flatulence

One of the reasons for limiting the use of soya beans and soya flour in the human diet is their tendency to increase flatulence. It is due to the low molecular weight of oligosaccharides present in soya, which contains A-galactosidic acid and B-fructosidic acid linkages, namely raffinose and stachyose. It is the production of gases, which is responsible for nausea, cramps,.diarrhoea, abdominal rumbling, and social embarrassment.

The human body does not produce the enzymes capable of digesting complex carbohydrates. As a result, they are fermented in the colon by the intestinal microorganisms, consequently producing gases such as carbon dioxide, hydrogen, and to a smaller extent methane.

Rickets and soya milk

The hypo-phosphotemia associated with prolonged use of soya protein formula in premature infants, probably accelerates the development of hypo-phosphotoemic rickets. As reported by the Committee on Nutrition of the American Academy of Pediatrics (1983) the disadvantages of soya protein formula for lowbirth weight infants feeding, indicate that the formulas should not be used for prolonged feeding. They should be used only for specific therapeutic indications, and for periods of not more than three to four weeks.

Allergy and soya milk

Several scientists like Glaser, Johnstone (1953), Dutton (1966), Helpem et al (1973) of Sweden, Kjellmann, Johnson (1979), and Grusky (1982), studied over thousands of infants using three types of feeding, mother's milk, soya-based and cow's milk-based formula from birth to a period of six months. The infants were observed for different periods until the age of seven years.

Two third of children developed symptoms of atrophic diseases, and they did not benefit by substituting soya beans for cow's milk. Allergic disease was found in 10.6 per cent of those fed on soyabean formula and 13.3 per cent of those fed on cow's milk formula.

The researchers found a difference in the incidence of asthma and perineal rhinitis in the infants fed on soyabean formula (22.3 per cent), and 42 per cent in children fed on evaporated milk. However, there were differences in the incidence of hay fever in either group. (Arturo Hervada MD, Department of Pediatrics, Jefferson Medical College, Thomas Jefferson University, Philadelphia, PA 1907, USA).

The actual studies can be summarized by the findings of the American Academy of Pediatrics (1983) in their review of soya protein formula. 'At this time, evidence suggests that soya protein may be less allergenic than heat treated cow's milk protein, and is probably a better source of nutrition in allergy prone infants; however, whether or not soya protein represents the optimum form of prophylaxis is still controversial.'

Goitrogens

Soyabeans have been reported to cause the enlargement of the thyroid gland of rats and chicks, an effect which could be counteracted by iodide supplementation and partially alleviated by heat treatment (Patton, Wilgus and Harshfielf 1939; Block et al 1961), although the effectiveness of heat treatment has been recently disputed (Filisetti and Lajolo, 1980). A number of cases of goitre have been reported in the past in human infants fed on soya milk (Van Wyk et al 1959; Hydowitz I960), a condition that could be ameliorated by supplementation with iodide. Iodide fortification of soya milk infant formula is therefore recommended as a precautionary measure against the goitrogenic potential of the product (Sarett 1976).

Trypsin inhibitors

Of the various anti-nutritional factors present in soya beans, none has received more attention than the so-called trypsin inhibitors, a family of proteins that combines with trypsin to form an inactive complex (Liener and Kakade 1980). The adverse effects of the trypsin inhibitors are manifested in experimental animals mainly by retarded growth, hypertrophy and/or hyperplasia of the pancreas, and on prolonged feeding, the formation of pancreatic adenocarcinomas (McGuiness et al 1980). Since even soyabean protein isolates have been shown to retain five to 20 per cent of the antitryptic activity of raw soya flour (Rackis and Gumbmann 1981), there is cause for concern that infants fed on soya milk formula might be sensitive to the same physiological effects as observed in experimental animals.

For growth and development animal milk serves better than soya milk and other artificial milks (Dr Herbert M. Shelton, *Orthopathy* 11Vol : 555)

Soyabeans are legumes. They cannot be superior to nuts. However, being a complete vegetable plant protein, its occasional use like other legumes is not harmful, compared to animal proteins. Soya products are good transitional food for people addicted to milk, whether youngsters, or adults. However, I do not recommend it for infants below two years, and the elderly.

Comparative analysis of superior protein

Soya Milk	Natural Nuts and Sprouts
• Cooked, processed soya milk is lifeless deficient, demineralized, devitaminized, enzymeless food. Ensures less nutrition and digestibility.	• Sprouts, fresh coconut, soaked peanut, and sesame seeds are live food, full of enzymes, balanced minerals and vitamins. Ensure maximum nutrition and digestibility.
• Cannot be eaten raw.	• Can be eaten raw.
• Long, difficult, and boring process of preparation.	• Easy to prepare with least effort.
• Extremely high in proteins and other minerals, which can damage the organs and alter their functions.	• Limited proteins of superior quality with all essential amino acids and minerals present.
• Not good in taste.	• Naturally tasty, delicious, and enjoyable.
• Requires addition of artificial flavours.	• Does not require any extra addition of flavours.
• Unnatural, unnecessary food.	• Natural food, fulfils all the nutritional requirements.
• Most heated proteins go undigested.	• Uncooked proteins of nuts and sprouts get almost completely digested. (except when overeating)

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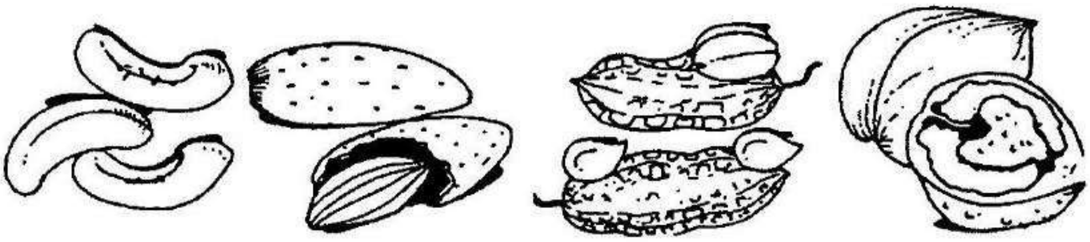
Nuts: The Real Milky Food



Our biological diet

Humans are constitutionally adapted to a diet of fruits, nuts, vegetables, and seeds eaten in compatible combinations in their raw natural state. There is a clear biological basis for establishing that vegetarianism, and not eating meat or drinking milk, after the weaning period, is the appropriate diet for human beings. Anatomically, humans are structured like other predominantly vegetarian primates such as monkeys, apes, and gorillas – unlike the commonly carnivorous animals such as dogs, lions, and tigers.

Nuts are seeds of certain trees. Botanically, nuts are classified as fruits, as they develop from pollinated flowers. It takes months of sunshine to perfect the nut, and when it is completed it is a veritable storehouse of mineral, high grade protein, emulsified oil and health-imparting vitamins packed in a Nature-made waterproof and airtight shell. The nut meat comes to us clean and wholesome, not spoiled as milk and meat. Nuts are free from waste products, are aseptic and do not readily decay, either in the body or outside of it.

Nuts are not the substitute for meat, milk, eggs, and cereals; they are good substitutes for nuts only. In nutritive value, nuts far exceed all other food substances, delivered by Nature, to those who are fortunate enough to appreciate their value.

Nuts do not constitute a large part of the diet of civilized man, simply because their cultivation is neglected, and little has been known of their nutritive value. A great deal has been said about the indigestibility of nuts. However, it is largely due to the fact that generally they are either eaten after a heavy meal, or else insufficiently masticated. Nuts, being Nature's most concentrated food and of high nutritive value in comparison with all animal proteins and cereals, are often wrongly combined with other concentrated foods like milk, meat, eggs, and cereals, leading to overeating and indigestion. Nuts, unfortunately, are blamed for the discomfort that results.

One more common habit of eating nuts is either as a last course in a several-course dinner, or in between in the form of snacks. Further, nuts are always fried or roasted, rather than eaten fresh or in the natural state, which also contributes to indigestibility. All roasted and fried nuts are almost indigestible.

In fact, salting and roasting greatly impairs the nutritive value of nuts, and prevents their proper assimilation. The proteins become coagulated by roasting, and the fat splits into glycerine and free fatty acid, and the vitamins are destroyed. Nuts require thorough mastication or else they do not get digested and assimilated. With proper chewing of nuts, a fine emulsion is produced that ensure prompt digestion.

The treasure of nutrition

Nuts contain on an average, iron about two and a half times that of fruits, three times that of vegetables, greater than in cereals, and more than in most meats. One pound of almonds contains as much calcium as 25 pounds of beef, or 11 pounds of bread and potatoes.

Almonds are twice as rich in blood building elements as meat, and in bone building elements, which meat and milk sadly lack.

The fat in nuts, which averages 50 per cent, is much more easily digested, and assimilated, than animal fat and all forms of fat. Animal fat is a free fat and will not mix with water, while the fats of nuts freely mix with water, and forms an emulsion resembling cream. Nut fat, like that of raw milk, is in a state of emulsion – that is readymade, prepared or predigested as it were – for circulation through the lymphatic system.

Nuts are anti-cholesterol

The natural and unprocessed fat in nuts is best for the body. Being rich, especially in linoleic acid, it is least damaging to heart and arteries. Linoleic acid is one of the most polyunsaturated fats and is highly beneficial in lowering serum cholesterol level, contrary to the belief that all nuts create cholesterol. Nuts furnish perfect proteins and are of high biological value. Nut's protein is superior to that of cereals, meats, milk, or eggs.

Nuts are acid ash foods, as are all proteins, but they are not as much as animal proteins. Nuts contain less acid minerals than meat. Nut albumin is easily assimilated, and does not form uric acid. Nut's proteins are non-toxic and create less acid ash and wastage, whereas meat, eggs, fish, dairy products, cereals, and pulses, are toxic proteins, create high acid ash, leading ultimately to exhaustion and degeneration.

Nuts are rich in starch and sugar and are three to four times richer in vitally important salt, than animal flesh, even richer than milk in the vital substances. Most nuts have abundant vitamin 'A,' 'B' & 'E'; they are the best brains nerve tonic. No food is equivalent to nuts for growth, development, and physical strength. They are also one of the best natural sources of lecithin. Dr C.W.D. Evans MRCSE in his book, *How to Prolong Life*, says. 'Earthy salts ossify the arteries, which means early death. Fruits and nuts contain the least proportion of earthy matter, relative to their nourishing properties. Pulses and cereals contain the highest amount of earthy matter.' The superiority of nuts is clear and well known to us since centuries, and it demands no further emphasis or explanation.

All nuts are anti-cholesterol, anti-weight gain, anti-diabetic, anti-ageing and anti-disease

Miraculous regeneration through nuts

In the concentrated foods kingdom, nuts are the only foods that have rejuvenating, regenerating, and revitalizing power if used judiciously in natural, uncooked state. My experiments over 25 years, on thousands of patients, with various degenerative diseases like cancer, AIDS, multiple sclerosis, leukaemia, optic atrophy, scleroderma, muscular hypertrophy, diabetes, angina, and heart diseases, have led me to a definite conclusion that all cooked concentrated food, meat, eggs, dairy products, and cereals accelerate the degeneration processes. Whereas nuts and seeds are the only concentrated food that regenerates along with fruits, vegetables, and sprouts.

Coconut: The best milk food

God's most precious gift to humanity is the coconut. The wonder food ranks first among all the other foods. The people and scientists are yet to recognise its great value, though Indian sages were well acquainted with its marvellous nutritive values. Therefore coconut was made the first requisite food for performing any rituals or ceremonies.

Coconut contains almost all the essential nutrients needed by the human body. It has all the essential amino acids (proteins) needed for growth, development and maintenance. It is equal to mother's milk, and it contains excellent proteins as well. It is the best food designed for human consumption. It is a thousand times better than all animal milk and proteins, which are unnecessarily overvalued and adopted by man.

All animal milk has definite ill effects in the long run. Coconut has definite and lasting benefits. It is the best beauty building food, as well as a brain and nerve tonic. It may not have high amount of protein like other nuts, legumes, and cereals, but the protein and fat is of high biological value. It is very high in fat content, which is easily digestible and assimilated. It closely resembles butter, but differs greatly. All nut fats (including coconut fats) are in soluble from, if they are fresh or soaked.

No cholesterol risk

Coconut is nourishing, strengthening, and fattening. Here the word fattening does not mean that it encourages obesity or obese people get fatter, but it helps the debilitated, weak, and underweight persons to put on weight in a normal healthy way. Whatever quantity of coconut one may consume, it will never increase your weight even by 50 grams. Though one may suffer from gastro-intestinal disorder due to overeating, natural fat combined with its natural nutrients never deposits fat in the body. Of course, coconut oil is fattening for obese people, because it is an unbalanced and fragmented food. It is deposited in the body. The soluble fat of fresh coconut meat, never increases weight in obese people. Coconut cholesterol is not harmful. It is feared that coconut contains high percentage of fat and cholesterol, which is not good for obese people with heart diseases. Nutritionists are still in confusion all over the world. I believe they speak of extracted or heated coconut fat, not the fresh coconut fruit.

As I have explained earlier, the soluble fat in a fresh coconut never gets deposited in the body. It is 100 per cent assimilable and digestible in the body. Here the fat is not fragmented or isolated. It is in natural balance with other ingredients of coconut. Coconut oil, when extracted from coconut, becomes insoluble fat, unbalanced, fragmented, and devoid of other coconut nutrients, thus proving harmful. The raw coconut oil compared to heated coconut oil is less harmful. It is the heated coconut oil which proves most, hazardous to heart and health. Coconut milk and coconut are as good as fruits and fresh air, which have only benefits.

Naturally balanced food is never harmful

Dr Henry Lindlhar, MD, in *Natural Therapeutics*, Vol. Ill pp. 286, says, 'The coconut differs from other nuts in that it contains less fat and proteins, and more organic salts. The meat of the coconut together with its milk comes nearer to the chemical composition of mother's milk, than any food product in existence.'

Obey instincts, not the scientists

Nutrition does not mean that a food has high protein or mineral value, rather it means what the body accepts instinctively and assimilates fully without any ill effects. We have all inherent attraction for fruits and nuts, and we relish its original raw and natural (not artificially created) taste. It has its natural flavour that we enjoy and derive good health from it. Just as the theory of love, peace, or pleasure cannot prove its greatness, till one experiences it, natural food, fruits, and nuts, do not need any scientific explanation. They are like fresh air, love, and peace.

Coconut itself is a complete food, and one can live for years together on coconut alone. Its low-protein, high-fat, high-carbohydrates content, combined with all the essential minerals, vitamins, and organic water content, are more than sufficient to keep us in perfect health, and extend life's longevity.

There is ample proof, scientific evidence, and examples, showing survival on coconut alone, but I will not advise anybody to live on such an extreme diet, when Nature has bestowed a large variety of vegetables, fruits, and cereals, to eat and enjoy. Extremism is unnecessary.

Almond: The king nut

The almond is a miniature storehouse of nutrition. It provides us with 18 out of the 20 amino acids required for healthy growth. Can one ask for more? It is one of the finest of nuts, being higher in its phosphorus content than any other product of the vegetable kingdom. It also possesses considerable calcium and is very rich in iron and lime. It is rich in almost all the elements needed by the body. The almond is twice as rich in blood building elements as meat, and is rich in bone building elements, which milk and meat sadly lack. Almond milk is the best substitute for mother's milk. It has several natural benefits, and curative properties, besides tremendous cosmetic value.

Its best uses are in anaemia, impotency, weak memory, weak nervous systems and brain, weak eyes, hair problems, skin ailments, general weakness, loss of weight, early ageing, and blotchy complexion. Almond oil is a rich source of mono-unsaturated fatty acids, with cholesterol lowering effects. It helps to reduce cerebral and body atherosclerosis, and keeps cholesterol levels low.

Peanuts (fresh or soaked)

Peanuts are not originally nuts, but oilseeds of the leguminous family, but they resemble nuts in composition, and are a good nourishing food, equal to almonds to some extent. Peanuts contain 15 per cent more protein than the same quantity of meat. Peanuts are rich in vitamin E, fibre, phosphorus, B vitamins, nicotinic acid, and riboflavin. Peanut oil contains fatty acids such as linoleic acid and arachidic acid, which helps to lower blood cholesterol.

The best way to use peanuts is to soak raw peanuts overnight in water for six to eight hours. It makes the peanut more digestible and assimilable. Its fat is highly soluble and digested very easily. Just 100 grams of peanuts is more than sufficient to meet one's protein and fat needs, which varies from person to person depending on the work they do. Roasted peanuts are a challenge to even a strong digestion. They are very hard to digest. They create flatulence and putrefaction. Their occasional use is tolerable, but regular use is harmful, whereas the regular use of soaked peanuts shows no harmful effects, if used moderately. Roasted peanuts often turn rancid, which are carcinogenic. Peanut with raw vegetables provides all the essential amino acids, and complete proteins required for the body. Peanuts also rank high in complete protein food.

Walnut

The high calorie and carbohydrate content make walnuts an energy-giving food, while the protein in them promotes muscle growth and provides strength. Walnuts contain linoleic acid (20 grams in 1/2 a cup). Almonds also have the acid (eight grams in 1/2 a cup). Linoleic acid is an essential fatty acid, which is converted into linolenic acid inside the body. Linolenic acid is part of the essential fatty acids, which are required by the body for growth. Linoleic acid helps elevate low blood lecithin, one of a group of phospholipids, which are important constituents of cell membranes. Lecithin metabolises fat, being a powerful emulsifying agent and helps in preventing atherosclerosis. Thus, foods that stimulate lecithin are important for the body's health.

Linolenic acid, on the other hand, reduces stickiness of blood platelets, the blood cells that aggregate to form an artery-blocking clot. The beneficial effect can be achieved with less than half a teaspoonful of the acid. A daily dose of a few walnuts or almonds would theoretically prevent abnormal clotting factors from coming into play, and by converting the contained linoleic acid into linolenic acid, the nuts should also help lecithin cart off unnecessary fat.

Sesame seeds (til): The highest calcium food

Sesame seed, queen of the oil-bearing seeds, is noted for its stability. It can be stored for long periods of time, and is resistant to oxidative rancidity. Sesame seeds contain 45 per cent protein and 55 per cent oil. It is rich in lecithin and fatty acids for dissolving cholesterol. One fourth pound has 1,125 mg calcium. It is also rich in phosphorus, niacin and vitamin E for the heart, blood vessels, and oxygen utilisation. It is especially high in the amino acid, methionine.

Sesame seed has a composition much like the almond, but at a much lower price. It is capable of building a strong body. Turks and Greeks were considered the toughest soldiers in war, their resistance to discomfort excelling in most instances. For food in battle, they carried sesame seeds with them. Being sweet and nutty in flavour it has tremendous versatility, and is nutritionally rich as seeds. It makes a wonderful 'milk substitute drink'.

Sesame milk and butter are digested in the bloodstream in less than a quarter of an hour after they have been eaten, whereas it takes from two to five hours to digest, assimilate, and metabolize, meat. Sesame seed milk, a non-catarrh forming milk substitute, is one of our best. I believe it is a wonderful drink for gaining weight. Its nutritional value is beyond compare, as it is rich in protein and minerals. It is a highly curative and nourishing tonic in several disorders, just like almonds and other nuts.

Other varieties of nuts and seeds

We have plenty of palatable, highly nutritious nuts and seeds in different parts of the world, a few of which are mentioned here for your guidance.

Nuts	Seeds
Cashew nut, pine nut	Sunflower seeds
Pistachio, almonds	Pumpkin seeds
Chestnut (starchy nut)	Melon seeds
Brazil nut, hickory nut	Squash seeds
Pecan, apricot, acorn	Cucumber seeds

How to eat nuts

Being concentrated foods, nuts must be eaten in moderation and need to be thoroughly masticated, combined with green vegetables, and eaten as a regular part of the meal and not at the end of a hearty meal, as is the usual practice. Thoroughly and slowly chewed, they are never difficult to digest and can be eaten by everyone.

- Fresh nuts like green almonds, coconut, peanut, chestnut, can be eaten directly without any alteration, whereas all dried nuts must be soaked for six to eight hours and then can be eaten in various forms like, nut milk, nut butter, nut paste or nut curds.
- Raw nuts are also equally good. They require thorough

mastication whereas soaked nuts require less mastication and digest faster than raw nuts.
- Raw nuts are excellent in normal healthy condition whereas soaked nuts are best both in sickness as well as in health Raw nuts are better in winter, fresh or soaked nuts are better in summer.

Combine well

- Nuts being highly concentrated foods (like meat, eggs, cheese, and cereals) must be eaten always as a regular part of a meal, excluding all other concentrated food. Those who use nuts, do not require any protein source, for that particular day or meal.
- Nuts combine best with all green vegetables and citrus fruits.
- Soaked nuts combine fairly with all fruits whereas raw nuts do not combine well with sweet fruits, (banana, chikoo etc.). They may ferment each other leading to gas formation and indigestion. Raw nuts are better to eat either separately or with vegetables and citrus fruits.
- The best way to eat some nuts is to eat them by themselves, whereas most nuts can be eaten together.
- Never combine nuts with other concentrated proteins like meat, eggs, fish, milk, cheese, curds, cereals, and pulses.
- Never combine nuts with starch and sugar (cereals, potatoes, sugar, or honey).

Maximum quantity

Weekly servings of nuts are more than enough to meet all your protein and fat requirements. Nuts constitute protein 10 to 25 per cent; fat 10 to 60 per cent; carbohydrate 10 to 20 per cent; cellulose three to five per cent. 100 grams of nuts give approximately 600 calories; therefore, you should not exceed 100 grams per day.

Fresh nuts like coconut, green almonds, chestnuts, and peanuts can be eaten more than 100 grams, maximum 250 grams at a time. They must be used once a day.

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Nut Milk

The most easily digestible form of nuts is, however, nut milk. It makes rich non-acid forming drinks, full of nourishment. Almond milk and coconut milk are best substitutes for mother's milk, when the mother's milk fails, and the child is sensitive to cow's milk. The hazards of cow's milk to children, has already been explained. Many children who have been killed by animal milk, could have been saved by nut milk.

Method of preparation

- Quantities have been given below for various types of milk. Only raw unfried nuts must be used. Strictly no roasted nuts.
- Fresh nuts can be used directly, whereas dried nuts must be soaked for at least five to six hours in fresh water. In case you are in a hurry, soak them in hot water for 30 minutes.
- Discard the water in which the nuts have been soaked, as it is bitter...
- Place nuts or seeds in a blender, add 100 ml water, blend until a smooth cream forms. Using the highest setting on the blender, add the remaining 100 ml water, and continue blending for several minutes. Strain well and the milk is ready Do not bother about the skins, they will get strained.

To sweeten use

Honey, sugar, jaggery, soaked dates.

For one glass (200ml) soak five to six dates for two to three hours. Remove the pits (kernel seed) and blend with the nuts. Use the sweetened soaked date water if you want.

Or

Soaked raisins

For one glass (200 ml) soak 50 to 100 grams or 1/2 cup of raisins for two to three hours. Blend as above with the nuts and use.

Refrigeration

Nut milk keeps well for 24 to 48 hours in the refrigerator although it is best consumed fresh. As it separates slightly when refrigerated, shake well before using. If you wish to chill the nut milk instantly, add a couple of ice cubes, and half a cup of water, and shake well.

Limitations

- As nut milk is heavy, treat a glassful as a complete meal, and restrict it to just one glassful. One does not feel hungry for at least five to seven hours after consuming it.
- Avoid using any other protein food if you regularly consume nut milk.
- Best consumed by itself, but can be used with vegetables and fruits.
- Do not consume more than 250 ml a day. Children can be given twice a day.

Post-operative cases, lactating mothers, and rehabilitating patients can have two glasses of milk every day. Have two glasses a day for weight gain. Avoid all other forms of protein, and if you do feel the need for it, on a particular day, skip the nut milk altogether.

Recipes (For one person only)

Note: Use hot water in winter and cold water in summer.

Coconut milk

1/4 coconut or 3/4 cup freshly grated coconut + 200 ml water to be ground to a fine consistency.

Sesame milk

1/2 cup or 2 tablespoons of sesame seeds + 200 ml water, to be ground to a fine consistency.

Almond milk

1/2 cup or 20 almonds (soaked) + 200 ml water, to be ground to a fine consistency.

Cashew nut milk

15 to 20 cashew nuts (soaked) + 200 ml water, to be ground to a fine consistency.

Peanut milk

1/2 cup peanut (soaked) + 200 ml. water to be ground to a fine consistency.

Melon seeds milk

1/2 cup seeds of melon or cantaloupe or pumpkin (soaked) or all mixed + 200 ml water to be ground to a fine consistency.

Combination milk

You can try any combination of your own choice, using the prescribed quantity.

- Almond + Coconut
- Almond + Melon seeds
- Coconut + Sesame seeds
- Almond + Sesame
- Almond + Cashew nut
- Coconut + Melon seeds

Contraindication

Do not drink nut milk if you are suffering from any acute disease, loss of appetite, kidney failure, or severe liver problems

For flavour

For added flavour you can use rose water, cardamom, or other natural essence. However, it is best in its natural state devoid of artificial essences.

Nut curds

All nut milk may be set like dairy milk with the addition of a little culture of fresh curds. Nut curds are delicious, and are in a more digestible form than nuts and nut milks. To get sweet curds, add any sweetener to your nut milk before setting. In summer, it sets within eight hours, whereas in winter it may take 18 to 24 hours. If you desire thick curds, do not strain the milk, blend the nuts long enough until a smooth cream is formed, and add very little water.

Nut butter

Nut butters are almost unknown in India. An excellent way of using nuts is to use them in the form of butter. Nut butter is easily digested. It can be prepared at home by removing the skin of the nuts, and then grinding them into fine paste. The nuts should be slightly heated before grinding, to remove as much of the moisture as possible, in order to make a smooth butter. If nuts are too moist, they will form a stiff paste, and clog the grinder blades. Especially useful for those who are unable to chew properly.

Nut cream

To make a very palatable nut cream, first dissolve the desired quantity of unroasted nut butter in a little warm water, to make a very fine paste. Add warm water enough to bring the cream to the proper consistency. Keep in a cool place. Prepare only as much as you need. Use instead of dairy cream in any recipe. Add a little honey or sugar for sweetness. Two tablespoonfuls of nut butter with 100 ml of water will make one cup of nut cream dressing.

Nut milkshake

The most nutritious and delicious breakfast is nut milk shake popular with both adults and kids. Place nut milk and the desired fruits in the blender, and grind until thick. For extra sweetness, add honey or dates in the required quantity.

Ripe banana
(Small size - two)
(Big size - one)
Plums - two
Grapes - 100 gm
Dry figs - two
Custard apple - one
Strawberry - five to six
Mango - one
Apple- one
Orange - one
Chikoo - two
Papaya - 100 gm
Apricot - two
Pineapple - one cup

Quantity of fruits

For one glass of milk, choose any one of the fruits listed above. Mix only one fruit at a time. Do not mix sweet and sour fruits together.

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The Best Body Builder: Nuts or Milk?

Which food builds the best body – nuts or animal milk? An experiment was conducted on some students of physical training. Thirty students were selected, of whom 15 were fed on nuts and 15 on milk. All the trainees were beginners and all of them were given an equal number of exercises.

The milk group was allowed to eat as usual, normal food with the addition of milk products, fruits, and vegetables if so desired.

The nuts group was allowed to eat all the normal food with a good addition of fruits, salads, and economical nuts like coconut, soaked peanuts, and sprouts.

The diet routine followed by milk group

Breakfast – 250 grams milk + usual cereal or other breakfast that they are accustomed to
Lunch – Normal meal with a cup of curds.
4 pm – 250 grams milk or lassi.
Dinner – Normal cereal meal
Fruits and vegetables as and when desired.

The diet routine followed by nuts group

Breakfast – Fruits or usual breakfast
Lunch – Raw salad (good quantity), sprouts (a few), boiled veg-

etables and soaked nuts (50 to 100 grams)
Economical ones were used like fresh coconut, soaked peanut, and walnut.
4 pm – Fruits or juice
Dinner – Normal cereal meal

- Some students preferred soaked nuts or its milk at breakfast, replacing the cereal at lunch.
- No milk products of any kind were used. Pulses were used sparingly or in sprouted form.
- After three months, the result obtained was not only surprising but also very encouraging and was an eye-opener.

The difference

The body of the students in the nuts group developed faster than of those in the milk group.

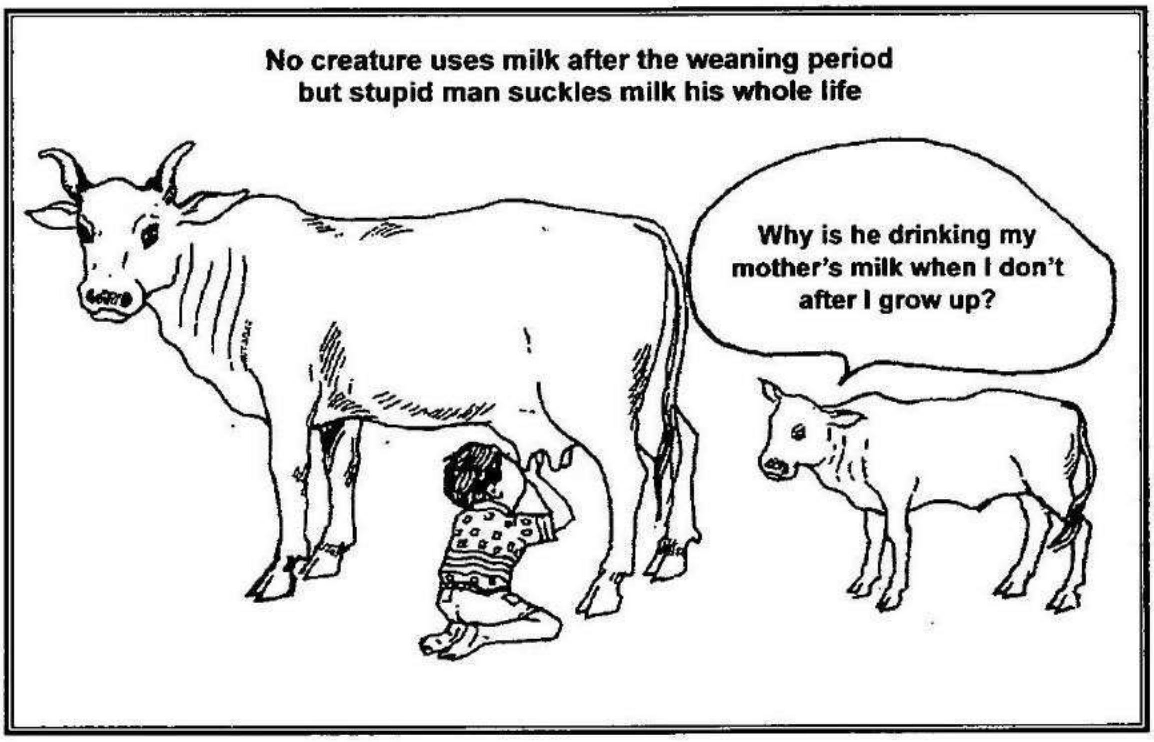
Endurance was more in the nuts group. Each student could perform sit-ups upto 200 at a stretch. The milk group started getting exhausted after 100. Their breathlessness was quite obvious. There was less exhaustion in students of the nuts group.

- Those in the nuts group recovered fast (within five minutes) after severe exhaustion.
- Those in the milk group took 10 to 20 minutes to overcome exhaustion.
- The milk group students perspired early and heavily, during their practice and the other group took a longer time.
- Perspiration of the students of the milk group smelt of fermented sour milk, with a peculiar odour, while the other group had practically no odour.
- The milk group students did not have a good evacuation whereas nuts-group had good evacuation.
- The nuts group felt fresh and no fatigue after a whole day's work. The milk group was not as fresh or active and some reported severe exhaustion.
- The reason behind early exhaustion, offensive smelling

perspiration, and low endurance, was due to toxicity of heated protein, mucus, and acidosis of the milk products.

Whereas protein of raw nuts and its digestibility due to soaking and freshness, and its total or maximum absorption, creates less metabolic waste, and therefore no obstruction, toxicity, smelly perspiration, and no energy blockage.

Nuts are 100 per cent fit food designed for the human body and its development, whereas milk products are foreign, abnormal, and not designed for humans. A careful observation can clear all the prevailing doubts of centuries.


No creature uses milk after the weaning period
but stupid man suckles milk his whole life
Why is he drinking my mother's milk when I don't after I grow up?

The Miserable Saints

Nature does not spare anybody who transgresses its immutable, eternal law. They may be saints, gurus, philosophers, doctors, scientists, or great religious leaders. Nobody can escape the consequences of breaking the natural laws of cause and effect. I have treated and interviewed several renowned saints, and religious leaders of India, who have been using dairy products as a major part of their diet, and discovered not surprisingly that every one of them was troubled with chronic degenerative disorders like heart diseases, arthritis, diabetes, asthma, and other diseases. Many died of cancer. Degeneration is impossible without definite degenerative causes. Without high toxic saturation, cancer can never exist. Each and every disease is concrete proof of a wrong lifestyle. However, to our astonishment, they blamed their past karma, God's wish, fate, or viruses, instead of their wrong eating habits and faulty lifestyle. Few question the words of the holy men, who are supposed to be wise in the ways of the world, and an enlightened breed. How could they miss the simple laws of Nature?

Osho's Views on Milk

It is interesting to review what Osho said about milk 30 years ago:

'The milk you are drinking has not been produced for you. You drink cow's milk. It is produced for calves. It is for growing bulls. Milk is not a pure food. From milk, sex desire will awaken. Moreover, sex desire as that of a bull, not just a little, because God made it for a bull, not for you.

Moreover, the nature of milk is to be a provision for the child, so the child can get milk until he can digest food. After a certain age no animal drinks milk, with the exception of man. Man makes unnatural arrangements. To drink a little in tea, a little in coffee is okay, but do not become a milk dieter.

Just a few days ago there was a report in the newspapers that meat has been produced from milk in Japan. Milk is a part of the blood, which is why meat can be made from it. Scientists have succeeded in creating meat from milk. Within two or three months, white meat produced from milk will be available in Japanese markets. Milk contains the same substance that is in meat. That is why flesh increases from drinking milk, blood improves, and a person becomes robust.

Where do you think the milk comes from when a child is born from the mother's womb? As blood passes through her breasts, it begins to produce milk. Thus, blood is available to the child. And the child cannot digest anything else. It is good for him at his age. There is not such purity in milk as you think there is. There is greater purity in fruits, greater purity in wheat, rice, and beans.'

Osho Times, July 2000
'Food: What to Eat, How to Eat'

Afterword

I would like to give a big round of applause to Dr Nand Kishore Sharma and Dr Savita Sharma for their revolutionary health practices. One of their achievements, which I highly value, is the release of the book that you are now holding in your hand.

In 1992, I invited both Dr N.K. Sharma and Dr Savita Sharma to Bangkok to conduct 'Be your own doctor,' seminar/workshop, which was my first encounter with the doctor couple. It was roughly 16 to 17 years ago that I decided to give up the consumption of all kinds of dairy products, many years before the release of their book. The book serves as a good endorsement of what I have been practising, and it gave my wife, Rajshree, some level of confidence to raise our firstborn son, Badshah, without dairy products.

Let me share my reasons for giving up dairy products.

- Whatever the textbooks and the advertisements may say, let us pause for a moment and use our common sense. Elephant's milk is for its baby, lion's milk is for the cub, cow's milk is for the calf, whale's milk definitely is not fit for the human baby and at the same time, human milk is not fit for the rabbit's baby. Each species of mammals produces milk fit for its baby only.
- Milk is, no doubt, the best food for a baby. In fact, there is no substitute for milk, because no mammal baby has teeth to chew, and right after delivery the mother's milk starts flowing. Almost at the same time as teeth begin to surface, the mother's milk starts to dry up. These are two natural phenomena that tell us that it is time to stop drinking milk and turn to solids.
- I have been to a few dairy farms, about an hour's drive from Bangkok, and found that cows were both tortured and put

to unnatural death. Although in India, cows are raised by villagers, there is not much difference in their treatment. I am a witness to all the tortures. It would require several pages of a book to describe the trauma. In brief, have we ever given thought to what happens to cows that no longer produce milk? Almost everywhere in the world they meet the same fate. They are abandoned, starved to death, or sent to the slaughterhouse.

- Animal's milk is absolutely not required by the child, teenager, or an adult. It is known to be very harmful, a major cause of diseases like colds, and serious diseases like arteries blockage, stroke, and cancers.

I am convinced that we do not require animal milk. It is a great honour for me that I got a chance to translate this book into Thai, and to have it published.

Your decision to read the book shows that you are an open-minded person. Being open-minded is the first step to a paradigm shift. Paradigm shifts are the foundation of all innovations, and inventions the world has witnessed.

Pornthep Sri Narula
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The Secrets of Perfect Health

An exhaustive interview with Dr N.K. Sharma that throws light on his philosophy and worldview

By Ravi R. Kumar

Dr N.K. Sharma and his family belong to the rare revolutionary breed of people which learnt, appreciated, and led a completely natural lifestyle, adhering to the supreme laws of Nature. Dr Sharma firmly believes that nothing can make him sad or his body ill. He declares, 'I have realized that God or Nature has not even an iota of interest in making me sad, miserable, or my body diseased. Illness goes also against the inherent nature of the human body, which continuously and tirelessly strives towards health, balance, and perfection.' Taking the mantra even further, he concludes, 'It is we who make or mar our health. In ignorance, we condemn ourselves to a living hell. But the choice is ours, always.'

Dr Sharma and his wife Savita lead an active life full of energy and joy. Though he is 62 and his wife 56, their youthful appearance is the biggest proof of the soundness of their food philosophy. Excerpts from the interview:

Dr Sharma, what is the secret of your radiant health?

To strive to attain perfection is the essential nature of all living beings in the universe. All of us are bound by the rule, and we follow them effortlessly, no bookish knowledge or guidance by scientists or sages is required. In such matters our own body is our real guru, which guides us in right directions through different signals and indications, provided we are prepared to listen to its language, setting aside our prejudices, and attitude-related barriers.

When should we eat?

I wait for true hunger, and do not even think of food until I feel hunger. For us the right time to eat is when we are truly hungry. A specific time or any time-bound routine has nothing to do with eating. Therefore, we are certain that whatever we eat is digested completely by our system. No chance of indigestion, constipation or other digestive disorders. Eating without true hunger leads to constipation, indigestion or other gastric problems. Freedom from suffering is not possible until the phenomenon of hunger is dealt with properly. When we feel famished and then eat something, every part of the meal attains a divine taste, giving such a satisfaction that a sense of gratitude towards God comes to us spontaneously. For us, taking meals is not a routine job to be done under compulsion, according to a strict time schedule. It is like worship, through which we honour the human body. We eat to satisfy our hunger, and therefore, quantity is not the criteria. When you eat without real hunger, you cannot decide when to stop. But a true genuine hunger always signals and guides you to the true quantity.

What kind of food do you have?

We know well that our digestive system is designed to digest only one type of food at a time. Moreover, for different food items, the medium of digestion and the time period required is different. Variety and multiple combinations essentially mean indigestion, rotting inside the stomach, and ultimately malnutrition. We do not eat two solid foods (two solid starch or two solid proteins) at one time. We never experience any stomach problem. God has provided us with an excellent digestive mechanism, which is aptly designed to digest everything completely.

That is why with salad and green vegetables, we eat only one type of solid food, which is digested easily and completely. It paves the way for near solid stool, which passes in few seconds, and is completely devoid of any foul smell. My formula is, 'Eat like a poor man, live like a king.' It reduces our expenses on food and fuel by 50 per cent, and time is saved. Moreover, health and energy comes to us as bonus.

It does not mean we totally refrain from enjoying different varieties of food. We do it occasionally at a party. But even there, we eat after feeling hungry. Our system can easily deal with even heavy items, if we are really hungry at the time of eating. On rare occasions, even wrong combinations of food do not pose a problem. But when done frequently, it starts telling on our health. We (my family and me), to the extent possible, do not mix food grains with milk, fruits, sour items, and sugars. We always eat fruit as a separate meal.

Why do you prefer natural food?

In the age of cooked food, we are largely dependent upon natural food, because we have realised the truth that man's original foods are fruits and nuts, and not milk, food grain or meat. I know that our civilization can survive feeding on grains, milk and meat, but staying in perfect health requires altogether a different approach. As man cannot eat grains or meat raw, they are cooked with the use of ghee, oil, salt, and spices, adding to our woes. In the age of cooked and processed food, it is difficult to live entirely on natural food. Such resolve may also lead to stress, because availability of quality natural food all the time, in all circumstances, could be a real problem. One can also become fanatical. Extremism is always troublesome and unnecessary. Moreover our life is not confined to food only. As social animals, we should socialize with others. In such a context, our aim is not to concentrate solely on the right food, but on the right way of living. That is why we have developed our food habits to cope with the world we live in.

What is your diet regimen?

Morning: Unboiled, brewed tea or herbal tea, which hardly contains 1-2 teaspoonfuls of milk.

Breakfast: Any fresh fruit or vegetable juices, and nuts, or nut milk or nut milk shake.

Lunch: 2-3 types of fruits or sprouted pulses.

Evening: Another round of tea.

Dinner: Salad in good quantity + one green vegetable + one solid food (either rice or chapattis).

Following the routine, in 24 hours, we eat cooked food (food grain) only once. Sometimes, if we happen to eat cooked food in the afternoon, then we opt for fruits in the evening.

Is one cooked meal a day enough?

Who says we eat less? In fact, we eat in plenty and never starve ourselves. Eating without the call of hunger is a sin, but the greater sin is starving the human body. By rule, human beings should take less solid food, and more water content. Uncooked natural food too should be given preference.

Do vegetarians have a healthier diet than non-vegetarians?

Consuming food grains in larger proportion, that too in cooked form, affects our overall health, and leads to various diseases. Vegetarians who are heavily dependent upon food grains and milk (and milk products) are not healthier than non-vegetarians. They too suffer from deadly diseases like cancer, AIDS, blood pressure, diabetes, heart diseases, arthritis.

Why should we not have grains?

Grains are not the original food for human beings; they are adopted. You may refer to my book- *Anaj Ka Manav Sabhyata Par Hanikarak Prabhav* (The harmful effect of food grains on human civilization) in Hindi, for indepth knowledge on the subject. A minimum use of food grain is recommended. Consume food grains only when you perform hard physical work like horses and oxen, otherwise the grain will start eating you. It is one thing to remain just alive, but staying in perfect health is altogether a different thing.

However, total abstinence from food grains, salt, and spices. may pose a problem in our day-to-day life. That is why, keeping a pragmatic attitude, we must exercise moderation and caution in our food habits.

Don't you suffer from any weakness?

Absolutely not! Eating is not that important. Proper digestion and quality is more important, as it provides us with great energy and power. A large amount of cooked food is never a guarantee for sound health. Sound health can be insured only with the right quantity of natural, uncooked food which gives us necessary nutrition and energy for our daily work. Cooked food takes longer to digest and produces a large amount of waste products. Natural food is digested faster and leaves less residual matter. Hence, there is no heaviness, or sickness but an abundance of energy.

Does it satisfy your hunger completely?

By consuming large amounts of solid food regularly, people enlarge the size of their stomach and gastric glands, due to which a fruit meal seems light and insufficient. However, gradually, when you start minimizing your solid food intake and switch over to natural raw food, your stomach, and other gastric glands return to their normal shape and sizes. Then it is easier to satisfy them with raw foods only. For example, in my case four-five oranges or bananas or about 100 grams of nuts are enough to satisfy my hunger. For me, it is not important to stuff my stomach as much as I can, but only to satisfy the feeling of hunger.

Remember one basic rule about the meal. If you feel lazy after taking a meal, think that the food is eating you, and if after taking a meal you feel energized, and charged, then only the meal is eaten by you. So my suggestion to newcomers is – do not go for a change abruptly and hastily, but switch over to natural raw food gradually. Also do not give up food grains, salt, chilli, or spices completely so that that you can lead a normal life with your family and society. Otherwise, your body may react adversely to the eating pattern as it is not accustomed to it.

How do you get your protein?

Never discuss nutrition in piecemeal terms. It is the foolish language of wise people. We get protein from whatever we eat, as there is no food without protein. Of course, the amount varies. When food grains, pulses, and nuts are green, they contain a small amount of protein, but when dried, the content increases. Dry wheat grain contains 14 per cent protein (approx.), but after sprouting, it becomes wheat grass and the protein content in it is reduced to one to two per cent. But the reduced protein content is easily digestible. Therefore never think on those lines. Only two per cent protein is present in fresh fruits, but it is high quality protein. Eating one kg or 1.5 kg of fresh fruits during 24 hours, easily gives us 20 to 25 grams of required protein.

But the medical community has created a wrong notion in the mind of the common man. On a personal note, we get our protein from nuts, sprouts, and a little from cereals and pulses. Our body does not need so much protein, just four servings a week is sufficient to fulfil protein requirements. Please do not ask how we get our calcium, B complex or a particular mineral. Throw away all your chemical and calorie charts, as they are always misleading.

But we have to be calorie-conscious.

Never. You can never eat natural food in excess. Their water content and freshness, automatically prevent you from overeating. It is only the cooked, processed, dried, and spiced, food that demands restrictions.

Natural food never promotes weight. If you eat one kg of almonds which contains lot of fat and protein, you will get diarrhea. But not an ounce of weight will be added.

Eating cooked, fried, and processed food will add weight. So do not go by calorie charts, weight programmes, and gimmicks. They are a total waste of time and money. Consume maximum amount of natural food, and your weight and calorie requirements will automatically be balanced. Weight is a byproduct of right health. Concentrate on your health and care for it and all will be well.

Refrain from going in for dieting, instead go for right eating, and watch your weight problems vanish.

So what is your health formula?

I eat when I feel hungry. I drink when I feel thirsty. I work only till my body allows. When I sleep, my body is refreshed. I attend to Nature's call when the body desires it. I just follow my body language. I do not think of health, have no special foods or methods to take care of my health. Without adhering to the laws of health good health is impossible.

Any other secret of your perfect health?

The right food is just one factor, the others are regular exercise, positive outlook, creativity, the right approach to life and a pleasant family environment. Most significantly, among all the factors mentioned above, is the role of the mind, which ensures total health.

Do you exercise?

Of course. Everyday, without fail. No exercise, no food.

Any special exercise?

I don't do specific exercises. I believe in natural exercise, and body movement. I walk, run, climb, play, dance, swim, and enjoy doing all of them. I don't do any special exercise or yoga, which has to be learnt from a professional. My simple set of exercises mentioned above works best for me. I advise all my patients and students to dance everyday for at least 20 minutes, and forget all exercise. The reason being that every act of your life must be playful, prayerful, and without compulsion or fear.

It is the cooked cereals, proteins, fats, and processed foods, which release high acidic metabolic wastages that is responsible for making your body stiff and sick. Natural food creates minimum toxicity. A person living on natural food does not require much exercise or yoga, since the body is flexible and energetic enough for our requirements. (Grains and meat make our body stiff, therefore they need various exercises to break down the stiffness, whereas natural food never stiffens your body. It always remains flexible). Natural food generates so much energy that you want spontaneously to jump, run, and dance. The desire to do all these comes naturally.

Anything else, besides natural foods, which contributes to your radiant health?

My enlightened mind. I have reached the following conclusions:

- No person, object, incident, or situation can make me happy or miserable. It is absolutely our choice. We can turn hell to heaven if we shoulder the responsibility.
- God, after formulating the laws of Nature, has gone on a long and never-ending sleep. Now your life is completely under your command. Either you keep on crying on one pretext or other or opt to smile, laugh, dance, and enjoy life – the choice is yours. Living in the lap of Nature for 500 years, or consuming tobacco and other poisonous substances and dying of cancer in less than 25 years, again choice is yours. God has nothing to do with it. God exists nowhere as far as natural laws are concerned.
- I simply do not have time to feel miserable, as I cannot spare a moment for it. I am too busy enjoying different shades of life.
- Prayer is not of one-minute or ten-minute duration, it is for all the 24 hours. Prayer means an overwhelming sense of gratitude. Enjoy every moment of your life to its fullest. Make every act of yours a prayer – an act for God. Do every thing as if you are performing puja (worship). Personally speaking, every act of mine from sleeping, waking up, eating, drinking, walking, bathing, studying, working, and sex – is an act of worship, a prayer. In fact, my whole life is a prayer. I never prayed to any God separately, because God and I are not two separate entities. We are only a manifestation of each other.
- Enjoy the real flavour of life every moment. Sow the seeds

of ananda (pleasure) today, to fructify in the future. From the very beginning, I have been continuously sowing the seeds of pleasure, and am fully assured that the future has boundless pleasure and joy in store for me. In fact, future is non-existent for me. I know only the present.

- Image consciousness is a useless obsession. All the images we have for ourselves are actually given to us by others, which we consider, by default, to be real. The image, and the ego, keeps us restless throughout our lives We are busy preserving the false image, and the ego, and this exercise make our lives miserable. I do not carry any image of myself. I have freed myself forever from false pretence. Because I have realized the truth that it was not me who selected my body, my face, my brain, my mind, or my qualities. So who am I to boast about them, or hate them? Whatever I am, I have to bloom like a flower and enrich the world with my fragrance. Whatever image is created by my deeds is the image, but that is not mine, it is created by people, and is in their minds only. 'I am a doctor,' 'I am a guru,' 'I am a boss,' 'I am a father,' 'I am a husband,'—I don't carry any such image and hence I am a free person. Any positive or negative qualities, bestowed upon me, have no meaning because I do not have an ego or any image for myself. I do not invest even a second to create, enhance or change my image, I feel completely boundless and free.
- The formula is to accept everything as it is, never ask why or how. My formula is –this is it – accept it, enjoy it, or solve it. I have thrown out words like what, why, and how from my life.
- I have no complaint against God, but rather wonder about his creation. Everything on earth is acceptable to me, be it wise or foolish, humble or rude, day or night, filth or fragrance, thorn or flower, selfish or selfless – I do not label them or condemn them.

- Do not ask why, just accept it. Find out how to save yourself from thorns, and go near a flower on any pretext. I accept both my capabilities and limitations. I also accept and respect everybody's freedom, likes and dislikes, their inividuality and uniqueness.
- I remain prepared for the following three things: separation, robbery, death.
- I do not do a favour or have such intentions towards anybody. If someone is benefited by my nature or any deed, it is his luck. He was destined to be benefited. Only egoists maintain a diary for such things, and keep on making others 'realize' their so-called virtues, benevolence, or generosity. Love has nothing to do with such calculations.
- Everyone learns from his or her own experiences. Never impose your views, tastes, or rules on others. The only thing you can do is to make a suggestion, and then forget.
- Nothing made by God is wrong. Greed, ego, anger, love, fear, and sex, everything is a kind of energy. They are only used or misused. All of them are the essential parts of our life. We must use them for a good cause. Do not waste your time trying to get rid of them, just transform their energy.
- I am here only to give. I am not concerned about taking something from others. Whether somebody gives me something or not, respects me or not, does not concern me.
- I am to live like a donor and not like a beggar.

The Proof of the Pudding

Dr N.K. Sharma's two children, Anand and Tripti, were brought up on a diet of fruits, nuts and cereals, and no dairy. They grew up without childhood diseases, vaccination, or seasonal disorders.

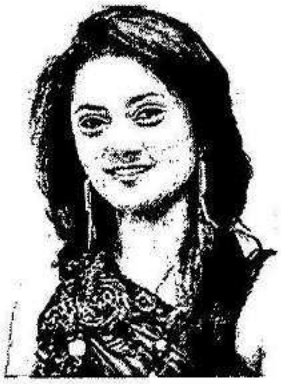
Anand (in childhood)

Anand (today)

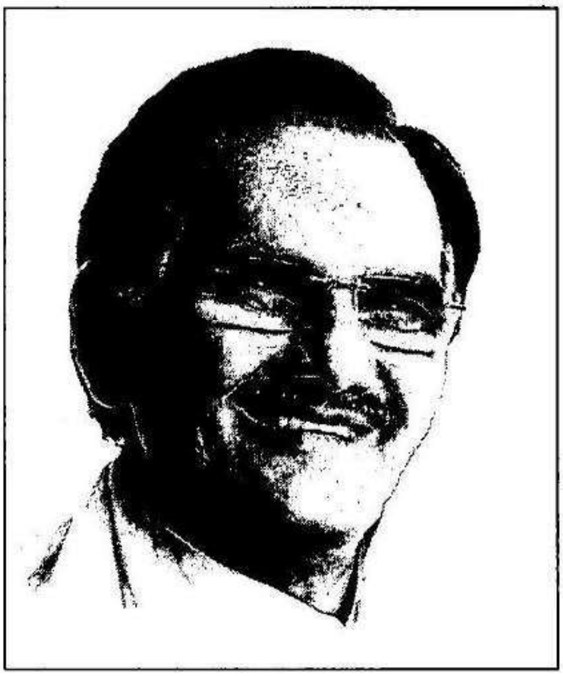
Until he was two years, Anand lived on mother's milk, fruits, and juices only. From three to four years he had nut milk, fruits, vegetables, potatoes, and juices (no cereals). Four years to 18 years – fruits, nuts, sprouts, cereals, and vegetables. A fitness enthusiast, he has sculpted an enviable physique on a diet of coconut milk, nuts, sprouts, banana, dates, fruits, and cereals.

Tripti (in childhood)

Tripti (today)



Having been brought up on a similar diet as her brother, today she lives largely on natural food and prefers a simple diet. She does not eat processed foods such as bread, biscuits, pizza, noodles, ice-creams, cold drinks, tinned or canned food, or fried items except sparingly at parties or festivals.



Dr N.K. Sharma is a world-renowned Reiki grandmaster as well as naturopath. He is the founder of *Reiki Healing Foundation (Trust)* ® (RHF, the world's largest organisation in the field of Reiki and mystic sciences), which has trained more than 1,27,000 students worldwide and produced 2,500 Reiki masters). He has inspired thousands in the course of more than 35 years of work to become masters of themselves. A pioneer of the raw and natural food movement in India, his work has revolutionized the way people eat, think and live by establishing the supremacy of the body's natural healing power, and the efficacy of raw food and a *satvic* lifestyle.

Dr Sharma has a 30-bed hospital called Natural Health Institute in Chowpatty, Mumbai. In 1984, he established a 30-bed cancer institute called Natural Cancer Research Foundation in Karol Bagh, New Delhi. He has successfully treated more than 12,000 cases of degenerative diseases and cancer.

He is the recipient of the New York Doctor of Divinity award. He has also been honoured with the Bharat Nirman Award and Rajdhani Ratan Award.

Dr Sharma has authored several books on nutrition and spirituality. *Milk - A Silent Killer*, has been translated into several foreign languages. He has also authored the book, *Mahatma Rogi Kyon* (Why Saints Fall Sick) in Hindi.

Dr Sharma is also a poet, writer, singer, editor, and teacher. He lives in New Delhi with his wife Savita and two children Anand and Tripti.

digest milk from a foreign source after we wean away from our mother's milk!'

Professor S. M. Hegde, Awarded the Padma Bhushan, 2010
Cardiologist & Former Chancellor, Manipal University

When Dr N. K. Sharma, a distinguished naturopath and founder of Reiki Healing Foundation, first published **Milk: A Silent Killer** in 1987, his was a voice in the wilderness, proclaiming a message, the world, or at any rate India, was not ready to receive. Today, 25 years later, veganism (a rejection of all animal produce including milk ad honey) is a popular philosophy with lakhs of followers worldwide. There is more and more proof that animal milk may not be the epitome of wholesomeness we have long taken it to be, that it is not beneficial to the infant and is behind many lifestyle diseases such as asthma, cancer, and heart ailments. Dr Sharma's meticulously researched and closely argued treatise challenges all received wisdom on the subject and proves his point with stunning clarity.

This book is a revelation for all those who wish to heal themselves or to lead a healthy life by abiding by nature's laws.

'**C**ow's milk is nature's ideal food for the calf. Even a calf does not drink its mother's milk when it grows up, but we do. And we are facing the consequences of this in the name of a host of diseases today. It's time we all got weaned.'

– Nandita Shah, LCEH
Homeopath, nutrition specialist and founder of SHARAN

'**A**nimal milk is so deeply interwoven with our daily food habits and lifestyle that it comes as a shock to learn that milk is actually a health hazard! Give up dairy products for 30 days and see the remarkable change in your health status!'

– Dr Rupa Shah, medical doctor and holistic physician
Pioneer in developing Indian flower remedies

'**I**'ve never suffered from disease in my life because I was never fed with dairy products. I developed my physical and mental strength through natural food alone. I follow the same regimen for my beauty needs.'

– Tripti Sharma, film actor and daughter of Dr N. K. Sharma

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